

Over-the-Counter and Home Remedies for Dry Mouth

Over-the-Counter and Online:

- Salese - www.nuvorainc.com offer lozenges and gum.
- Biotene - www.biotene.com offer mouthrinse, spray, gel, lozenge and toothpaste.
- ACT- www.actoralcare.com offer mouthrinse, lozenge and gum .
- Colgate Hydris - www.colgate.com offer a mouthrinse.
- Xylimelts- www.oracoat.com offer adhesive melts/

Online:

- MighTeaFlow - www.camellix.com offer mouthrinse, spray, lozenge and gum,
- SalivaSure - www.scandinavianformulas.com offer lozenge.
- Moisyn - www.prisyna.com offer mouthrinse and spray.
- Xerostom - www.biocosmetics.es offer mouthwash, spray, lozenge, gel, gum and toothpaste.
- Epic - www.epicdental.com offer mouthwash, mints, gum and toothpaste.
- TheraBreath - www.therabreath.com offer mouthrinse, lozenge, gum, and toothpaste.
- Lubricity - www.lubricityinnovations.com offer a spray.

Please note: Several dry mouth products are readily available at grocery stores and pharmacies. Some products are only available online. Many products are available through other online stores including Amazon. You may use your preferred search engine to locate your desired product and compare purchase options.

Additional dry mouth product tips:

- Please be aware that many dry mouth products often contain xylitol which is a sugar alcohol. Excess xylitol may cause diarrhea or cramps.
- Some people prefer to chew sugar-free gum to stimulate saliva. Chewing sugar-free gum may help with mouth dryness, but may also cause muscle soreness. It is best to avoid chewing gum if you have or develop any issues with jaw muscles or joints. You may consider sucking on a sugar-free lozenge, instead.
- Please talk with your dentist if you have any questions or need assistance with the management of your mouth dryness!

Please let your oral health provider know if you have any questions, comments, or concerns!

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