

# Dr. Pinto's Favorite Oral Care Products



Dr. Pinto and her testing team

This is the same list I share with friends & family

I've tested and researched countless oral care products over the years - on myself, my family, and my patients. **I have zero financial ties to any of these brands.** The only reason they're on this list? Because they work.

This is the exact lineup of products I personally use and recommend to strengthen enamel, prevent gum disease, and optimize oral microbiome health, without the toxic junk found in mainstream brands.

**Use this list to build a simple, effective routine that keeps your teeth strong for life.**

# Quick Start: Top 5 Game Changers

If you're short on time, just start here. Click on any of the products to buy.

1. Switch to an electric toothbrush ([Oral-B Smart 1500](#)).
  2. Use a hydroxyapatite toothpaste ([Eyg](#) or [Happy Tooth](#))
  3. Floss daily with PFAS-free floss ([Cocofloss](#) or [Dr. Jen](#))
  4. Replace alcohol mouthwash with pH-balanced options ([Elementa](#) or CariFree Maintenance Rinse)
  5. Chew xylitol gum or mints after meals ([Epic](#), [Spry](#), [Zellie's](#), [PUR](#))
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## The Most Important Tool: Your Toothbrush



Your toothbrush is the foundation of your entire oral care routine. Get this right, and you're already ahead of the game. **An electric toothbrush isn't just an upgrade, it's a complete game-changer.**

### Why You Should Switch to an Electric Toothbrush:

- **Removes More Plaque & Bacteria** – Far more effective at cleaning than a manual toothbrush.
- **Cleans Below the Gumline** – Essential for preventing gum disease and recession.
- **Built-in Timer** – Helps ensure you brush for the full two minutes (most people don't).
- **Prevents Over-Brushing** – This is huge. Brushing too hard is like using a Brillo pad on a nonstick pan, it scrubs away protective enamel and damages your gums. A good electric toothbrush with a pressure sensor stops you from making this mistake.

## Best Electric Toothbrushes I Recommend:

Any electric brush is better than a regular toothbrush, but personally I like Oral-B, they work great, have all the best features and the smaller brush head makes getting to those hard to reach areas easy.

- **Best Overall: Oral-B Smart 1500** – The perfect balance of effectiveness, features, and affordability. (my husband and I use these)
- **Best Premium Option: Oral-B iO** – Premium AI-powered tech for the most advanced clean. (for the gadget lover in your life)
- **Best Budget Pick: Oral-B Pro 1000** – Simple & effective, has everything you need without the extras.

**Pro Tip: Let the brush do the work—don't scrub!** If your gums bleed when you brush, it's a sign something's wrong.

**Manual Brush:** I highly recommend an electric toothbrush, but if you prefer a manual or just want one as a back-up or for travel then **I recommend the Nimbus**. It's super gentle and its long fine bristles reach areas regular brushes can't.

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## Best Oral Care Products

### Must-Haves

#### Toothpaste:

- Hydroxyapatite-based – Eygg, Happy Tooth, CariFree Naturals
  - Hydroxyapatite is what your teeth are naturally made of and helps to remineralize and even whiten teeth. These three brands meet strict European guidelines for safety and particle size. (My kids love Happy Teeth's flavors)
- Nano-silver-based – Elementa
  - kills harmful bacteria while protecting beneficial bacteria, promoting a healthy oral microbiome.
- Fluoride + Hydroxyapatite – CariFree Gel 1100, Dr. Jen's Super Paste
  - High cavity risk? Doubling up your protection and using a paste that has both Fluoride and Hydroxyapatite may be your best option.

*A note on fluoride: I understand fluoride is a controversial topic. Personally, my family and I don't use it because, in our case, it's not needed. That said, fluoride isn't all good or all bad. I don't believe it belongs in our water, but if you're at high risk for cavities, it may be the most effective tool to stop tooth decay in its tracks. In severe cases, research shows it can reduce cavities by up to 5x, whether through toothpaste or a professional fluoride varnish. It's not for everyone, but in the right situation, when used correctly it can make all the difference.*

## **Must-Haves Cont.**

### **Floss:**

- PFAS-free – [Cocofloss](#), [Dr. Jen](#), [Dr. Tung's Smart Floss](#), [Boka](#)

### **Mouthwash:**

- pH-balanced – [Elementa Silver](#), [Risewell](#), [CariFree](#)
  - Many mainstream and even “natural” (Tom's of Maine is as acidic as Monster Energy) brands can be quite acidic, which damages enamel. Alcohol containing mouthwashes dry out your mouth, increasing cavity risk and worsening bad breath. Only use a pH-balanced, alcohol-free mouthwash.

### **Tongue Scraper:**

- Stainless steel – [Dr. Tung's](#)
  - Your tongue harbors 80% of bad breath causing bacteria. Scrape it away.

**Xylitol Mints/Gum:** – [Epic](#), [Spry](#), [Zellie's](#), [PUR](#) (promotes a healthy oral microbiome and helps with drymouth)

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## **Nice-to-Haves** (especially if you're at higher risk of gum disease or cavities)

- **Electric Flosser:** [Slate Electric Flosser](#)
  - Find flossing difficult? The Slate flosser takes out all the guess work making it easy to do the job right
- **Water Flosser:** [Waterpik](#)
  - Makes it easy to get that deep clean comfortably.
- **Oral Probiotics:** [SuperTeeth](#), [StellaLife Oral Pre+Probiotic](#) (my kids like the flavor of SuperTeeth best)
  - Win the bacterial battle in your mouth populating it with beneficial bacteria and crowding out the harmful ones. If you suffer from gum disease, this is a must have.

# Advanced Add-Ons (optional but powerful)

**For people ready to level up their routine.**

- **Mouth Tape:** Somnifix or Vio2 Tape – retrains nasal breathing during sleep. Choose whichever you're more comfortable with. Vio2 leaves more of your mouth uncovered, while Somnifix has a vent in the middle.
  - Important: Mouth tape isn't for everyone. If you snore you may not be a candidate. To test if mouth taping is for you, Time yourself and breathe through your nose for three minutes while walking. If you don't feel as if you have to open your mouth to get a good breath in, then mouth taping should be fine. If this test makes you feel anxious or as if you're not getting enough air, reach out to an ENT or airway focused dentist before attempting to mouth tape.
- **Nasal Strips:** Breathe Right or Clear Passage – improves airflow and reduces snoring
  - Note: *PFAS & PBA free options are available, but so far none I've tested work nearly as well. In this instance I believe the benefits of breathing better far outweigh the minor risks of PFAS & PBA exposure from nasal strips.*
- **Nasal Spray:** Xlear - helps to clear nasal passages and improve nasal breathing
- **MI Paste:** Enamel repair and sensitivity relief (Only available from your dentist)
- **Vitamin C + Omega-3s:** Supports gum healing and lowers inflammation
- **Dry Mouth Aids:** CariFree Dry Mouth Spray & OraCoat XyliMelts – for dry mouth and bad breath

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**Many mainstream products are filled with all sorts of ingredients I avoid and think you and your family should too.**

If you're curious to know why these are the products I use and recommend, I wrote a guide that explains it all along with strategies for dramatically lowering your families risk of cavities and gum disease.

You can download it here: [Oral Health Guide](#)

**Section 4** is all about oral care products, what you should avoid, what to use instead and why. And if you have any questions about your particular situation, feel free to contact me at [DrPintoDDS@deering-dental.com](mailto:DrPintoDDS@deering-dental.com)

Keep Smiling,  
Dr. Pinto