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9 Best Mouthwashes To Clean And Protect Your Teeth And Gums

And they're expert-approved.



BY ALEXIS JONES JUL 22, 2020



TBH, mouthwash isn't the most fun oral hygiene accessory. The annoying burning sensation that occurs during swishing can be kind of uncomfortable. But you have to admit that the way it leaves your breath fresh and mouth clean feels *sooo* much better than brushing alone.

In addition to brushing twice a day and flossing on a regular basis, mouthwash can be a game-changing supplement to your daily teeth cleaning, according to [Ruchi Sahota, DDS](#), and American Dental Association (ADA) dentist. [Gary Glassman, DDS](#), agrees: "It is the perfect way to end off your oral fitness routine each day and get that extra burst of protection," Glassman says.

But how does it work, exactly? You can think of mouthwash as a disrupter. "There's no way we can completely remove all the bacteria that is naturally occurring in our mouth," Sahota explains. "So we want to disrupt it, we want to move it around." And that's exactly what mouthwash does.

The rinse targets plaque, or the invisible film of bacteria that sits on our teeth, which can turn into hard tartar that causes gum disease, gingivitis, bone loss, and periodontal disease if it just sits there. The antiseptic ingredients in mouthwash like cetylpyridinium chloride (CPC), sodium chloride, menthol, eucalyptol, and fluoride all work to destroy the bad-for-you bacteria, Glassman explains. See? Totally worth the swishing.

These are the nine best mouthwashes to clean and protect your teeth and gums, as recommended by dentists.



WALGREENS

1

BEST FOR THE WHOLE FAMILY
Crest Pro-Health Multi-Protection Mouthwash

Crest Pro-Health
walgreens.com
\$5.79

[SHOP NOW](#)

If you're looking for a mouthwash the whole family can use, this is a great option. Not only does it fight gingivitis and plaque buildup, it's also alcohol-free, which makes it a good choice for kids and teens too.



WALGREENS

"Alcohol has been known to cause dry mouth and can be potentially harmful to the oral cavity if overused," Glassman says.

2

BEST FOR BAD BREATH AND SENSITIVITY CloSYS Oral Health Rinse

CloSYS
walgreens.com

\$11.49

[SHOP NOW](#)

"Bad breath is a very tricky subject," Sahota says. But the dentist recommends this ADA-approved option if you've been struggling to address a stinky mouth. Plus, the rinse is great for people with gum and teeth sensitivity. It's unflavored, non-burning, and can help soothe pre-existing mouth sores.

3

BEST NATURAL MOUTHWASH Uncle Harry's Natural Alkalizing Miracle Mouthwash

Uncle Harry's
amazon.com

\$14.50

[SHOP NOW](#)

This is one of Glassman's top picks for natural based mouthwashes. "It is safe, non-toxic, and tastes like clove oil with a little mint mixed in," Glassman says. It's on the pricier side for mouthwashes, but doesn't come with the burning sensation of a typical rinse.



WALGREENS

4

BEST FOR TEETH WHITENING Crest 3D Arctic White Rinse

Crest
walmart.com

\$6.99

[SHOP NOW](#)

Want something that will give you fresh breath *and* brighter teeth? Glassman recommends Crest arctic white to help remove those pesky surface stains and protect against the formation of new ones. "The gentle foaming action safely whitens teeth and helps prevent future decay," he explains.



WALMART

5

BEST FOR PLAQUE CONTROL Equate Antiseptic Mouthrinse

Equate
walmart.com





WALMART

\$5.54

[SHOP NOW](#)

Another ADA-approved rinse that Sahota backs up? Equate's antiseptic mouthrinse, which is great for plaque control and gingivitis. Plus, it comes in three tingly clean flavors—original, blue mint, and spring mint.

6

BEST FOR BAD BREATH

Oral-B Breath Therapy Special Care Oral Rinse

Oral-B
cvs.com

\$10.99

[SHOP NOW](#)

If halitosis is your issue, check out the Oral-B breath therapy rinse, recommended by Glassman. "I like the mild, great taste, and it is very refreshing," the dentist says.



CVS

7

BEST TO PREVENT TOOTH DECAY

Act Total Care Clean Mint Mouthwash

ACT
walmart.com

\$7.24

[SHOP NOW](#)

The name says it all: total care. This mouth rinse from Act is an all-around winner, especially when it comes to preventing teeth decay, says Glassman. "The active ingredient is fluoride—for reducing dental decay, strengthening tooth enamel, and promoting healthy gums," Glassman explains.



WALMART

8

BEST FOR ALL AROUND ORAL HEALTH

Tom's of Maine Natural Wicked Fresh

Tom's of Maine
amazon.com

\$9.77

[SHOP NOW](#)

You've heard of Tom's before, right? Probs when it comes to natural deodorant. But the company makes a natural mouthwash too. This formula includes zinc, which neutralizes the odor caused by bad breath germs, Glassman explains. Plus, no burning sensation, and it's ADA-approved.



AMAZON

9

BEST FOR FIGHTING GUM DISEASE





WALMART

Listerine Gum Therapy Rinse

LISTERINE
walmart.com
\$6.57

[SHOP NOW](#)

Another ADA champion, courtesy of Sahota. Inflamed gums are never a fun problem. Try adding Listerine's gum therapy to your daily mouth cleaning routine to solve it. The rinse uses essential oils like eucalyptol, menthol, methyl salicylate, and thymol as active ingredients to fight off plaque, the main culprit of gum disease.

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Alexis Jones is an assistant editor at Women's Health where she writes across several verticals on [WomensHealthmag.com](#), including life, health, sex and love, relationships and fitness, while also contributing to the print magazine.

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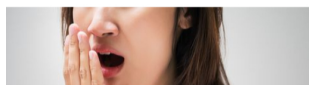
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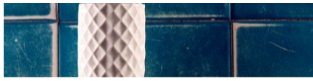


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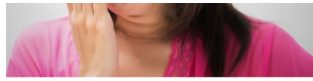


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