



## Adult Patient Education: ACT Usage Guidelines

### The Right Way To Use ACT®

#### The Dentist's Choice

Three out of four dentists recommend that their patients use a fluoride rinse for cavity prevention.<sup>1</sup> And out of all fluoride mouth rinses, ACT® is the #1 Dentist Recommended Brand.<sup>2</sup> ACT Anticavity Fluoride Rinse and ACT Restoring Mouthwash are clinically proven to strengthen teeth and prevent tooth decay for both adults and children.

#### When to ACT

After brushing your teeth with a fluoride toothpaste and flossing, it's time to ACT. It's recommended that you swish for one minute with 10 mL, which is equal to about 2 teaspoonfuls. When using ACT Fluoride Rinse or Bubblegum Blowout™, you can get the right amount every time by using the Exact Dosage Meter. With our Restoring™ Mouthwash, simply pour the mouthwash into the cap provided to measure out the right amount. Remember to always use ACT Rinse after you brush and floss in order to make certain that you don't brush away any of the essential fluoride.

#### How Often to ACT

When using ACT Fluoride Rinse or ACT Restoring Mouthwash, always refer to the usage directions listed on the product's labeling to confirm the usage frequency recommended for your product. For ACT Fluoride Rinse and ACT Restoring Mouthwash 0.6 oz, 1 oz, 3 oz and 18 oz bottles, use 1x per day. For ACT Restoring Mouthwash 33 oz bottles, use 2x per day.

#### Children and ACT

Maintaining your children's teeth and gums goes hand-in-hand with ACT Fluoride Rinse and Restoring Mouthwash. However, children should be supervised as necessary until they are capable of using without supervision. Children under 12 should be instructed in good rinsing habits to minimize swallowing. ACT is not recommended for children under the age of 6. Visit our Parent's Resource Center at [www.actfluoride.com/parents](http://www.actfluoride.com/parents) for helpful tips to encourage your kids to get in the ACT.

Visit [actfluoride.com](http://actfluoride.com) for more information on the important role that fluoride plays in maintaining a healthy smile.



[www.actfluoride.com](http://www.actfluoride.com)

<sup>1</sup> Oral Care Product Usage and Recommendations, Bruno and Ridgway Research Associates, Inc.  
<sup>2</sup> Oral Care Product Usage and Recommendations, Bruno and Ridgway Research Associates, Inc.