



## Patient Education for Parents: ACT Usage Guidelines

### The Right Way For Your Kids 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.

#### 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.

#### When to ACT

After your children brush with a fluoride toothpaste and floss, it's time for them to ACT. It's recommended for your children to swish for one minute with the 10 mL, which is equal to about 2 teaspoonfuls. When using ACT Fluoride Rinse or Bubblegum Blowout™, your children 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. Remind your kids to always use ACT Rinse after they brush and floss in order to make certain that they don't wash away any of the essential fluoride.

#### How Often to ACT

Before your children use an ACT Fluoride Rinse, 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 or ACT Restoring Mouthwash in 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.

Visit [actfluoride.com/parents](http://actfluoride.com/parents) for more information on the important role that fluoride plays in maintaining healthy smiles for every member of your family.



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

<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.