

# Bicarbonate Oral Rinse

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Saliva has many purposes that are important to the health and function of the mouth and throat. One benefit of saliva is that it has a “bicarbonate” property which helps to maintain a healthy environment in the mouth while also serving to protect the teeth and mucous membranes from damage and infection. When saliva production is altered, or when the natural environment in the mouth has been disturbed, adding a bicarbonate rinse can help protect the structures in the mouth and throat as well as help to maintain/restore a healthy and balanced environment.

This can be mixed daily (discard after 24 hrs). Use 4x/day as needed for optimal oral care and comfort.

- **1 teaspoon baking soda**
  - **1 teaspoon salt**
  - **4 cups water**
- ✓ **Mix in a bottle, -should be room temperature or slightly warm (not hot or cold).**
  - ✓ **Swish in mouth and spit.**