



## Liquid Cold Medicine Can Make Your Teeth Sick!

It isn't just your teeth and gums!

Maintaining oral health can keep you healthier in many other ways!

*Did you know...* some of the most popular cold medicines can cause problems to your teeth?

Mary Poppins always said, "Just a spoon full of sugar makes the medicine go down."

Because the average taste of cold medicines is not very appealing, manufacturers made them taste better by adding:

- High fructose corn syrup
- Citric acid
- Sucrose

This means adding more sugar. All of that sticky, sweet sugary syrup in cough medicine teams up with bad mouth bacteria which can cause tooth decay.

### How can you prevent tooth decay but still get rid of your cold?

- Make sure to take the correct dosage so you won't have too much sugar sticking to your teeth. There is a lot of sugar in a tablespoon of cold medicine.
- Take medicine with food. Chewing causes more saliva, which prevents syrup from coating your teeth.
- Always rinse your mouth with water after taking cold medicine, especially before bedtime. No one wants bacteria sleeping on their teeth while they are asleep!

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