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Acidity Index of Common Mouthwashes

Many people use a mouthwash as part of their oral health care regimen. However, you should know that some mouthwashes can cause problems.

Many mouthwashes are too acidic and weaken the tooth enamel by removing necessary minerals.

Removing minerals from tooth enamel is at a higher risk for cavity formation. When bacteria are able to penetrate the enamel, cavities and tooth decay can occur.

The acidity of a mouthwash is measured by its pH. The pH scale ranges from 0 to 14. A pH of 7 is neutral. A pH less than 7 is acidic. A pH greater than 7 is basic.

The table below shows the pH of some common mouthwashes.

We recommend the use of a mouthwash with the high or basic pH measurement.

By keeping the pH of a rinse above the point at which decay starts, this will help place selective pressure on the bacterial population and shift it to a less cavity-causing one.

Over time, the dental biofilms will carry fewer cavity-causing bacteria as a percentage of the entire bacterial population. Keeping the pH well above the critical pH of enamel will facilitate remineralization of the tooth. In addition to finding a mouthwash that is basic we also suggest finding one with fluoride.

Fluoride helps strengthen enamel and prevent cavities.

Mouthwash pH

Basic - greater than 7

CTx4 Treatment Rinse 10.4
CTx3 Maintenance Rinse 8.33
Therabreath Oral Rinse 8.2
ACT Anticavity Fluoride Rinse 7.95
Cepacol Mouthrinse 7.79
PerioSciences AO ProRinse 7.75
OraCare 7.55
BreathRX Anti-Bacterial Spray 7.3
SB12 7.2
Oxyfresh Mouthrinse 7.17
SmartMouth 7.11
CloSYS Rinse 7.1
Biotene Dry Mouth Oral Rinse 7.09

Neutral = 7.0

5.1
Colgate Optic White 6.95
CloSYS Alcohol Free Oral Rinse 6.85

Acidic - lower than 7

Oasis Moisturizing for Dry Mouth 6.49
Colgate Total Advance 6.31
BreathRX Anti-Bacterial Rinse 6.21
BreathRX Anti-Bacterial Spray 6.2
ProFresh Chlorine Dioxide Rinse 6.15
Smile Guard Brace Relief Rinse 6.1
Listerine Zero Mouthwash 6.02
Listerine Whitening Pre Brsh 5.66
ACT Restoring with Fluoride 5.56
Scope 5.55
Peridex 5.48
Listerine Total Care Mouthwash 5.44
Crest 3D White Multi-Care 5.4
Crest ProHeath Clinical Deep Clean 5.18
Chlorhexidine Alcohol Free

Fluoridex Daily Renewal 5.1
Listerine Antiseptic Mouthwash 4.88
BreathRX Antibacterial Rinse 4.74
Oral-B Anticavity Rinse 4.72
Biotene Mouthwash 4.64
Oral-B Antibacterial Rinse 4.62
BreathRX Antibacterial Spray 4.53
Healthy White Bleach Agent 4.5
Crest Pro-Health 4.27
Peroxyl Antiseptic Oral Cleanser 3.9
Tom's of Maine Wicked Fresh 3.89
Natural Dentist Anti-Gingivitis 3.3