

## Dental Health for Everyone

- Stop Cavities
- Remineralize Teeth
- Protect Enamel
- Fight Plaque

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

Dr. Ellie Phillips, DDS

# **zellies**

## **Complete Mouth Care System**

A system to strengthen, clean and protect adult teeth from cavities and gum disease.

1. Follow MY instructions, NOT the directions on the product labels.
2. You may recognize the rinses, but this is a **RADICALLY NEW WAY** to use them, with **RADICALLY NEW** results.
3. Use this system twice or three times a day. Always use before bed - since most tooth damage happens when you are sleeping.

This Complete Mouth Care System includes Zellies (100% xylitol products) to protect and strengthen teeth.

Dr. Ellie Phillips, DDS  
**[www.zellies.com](http://www.zellies.com)**





## Everything you need for great oral health...

Closys

Listerine

ACT Fluoride Rinse

Toothbrush

Crest Toothpaste

Cool Mint Zellies

Cool Fruit Zellies

Zellies Mint Gum with 100% Xylitol

Zellies Fruit Gum with 100% Xylitol



# Just 5 Minutes, Twice a Day can Protect Your Smile for Life!

# STEP ONE

## Pre-Rinse & Brush

Time:  
**2-3**  
Minutes

**CLŌSYS™** prepares your teeth for brushing and helps heal gums and pocketing around teeth.

It is important to brush your teeth in a neutral pH or alkaline mouth. If your mouth is acidic your teeth will be soft and more easily damaged by the abrasiveness of the toothpaste.

Use this neutral rinse before brushing.

DO NOT add the flavoring.



**BRUSH** your teeth thoroughly with a clean toothbrush.

Bacteria live on your toothbrush, so clean it daily with Listerine or use a toothbrush sanitizer. Don't forget your front teeth at the gum level. People often "turn their wrist" as they brush and forget these teeth.

Brush the gums on the inside of back molars (along the side of your tongue). Brushing can make gums bleed, but this is part of the healing process. Use a Zellies toothbrush and gently brush the area that bleeds, rather than avoiding it.

**REGULAR CREST®**  
**TOOTHPASTE**

AVOID whitening, tartar or plaque control products.



# STEP TWO

## Freshen

Time:  
**30-60**  
Seconds

**LISTERINE®** freshens your mouth and is an effective rinse that kills bacteria that cause gum disease. This rinse contains alcohol and is acidic, but in step 3 you will be rinsing it off your teeth.

Swish for 30 seconds, spit and go on to step 3. If full strength is too strong, you may dilute with water to taste.

Simple is better - **AVOID** Listerine® products that have whitening, plaque or tartar-control formulas. Always look for the ADA Seal on the label. Look for original, cool mint or citrus Listerine.



### **Beware! Disinfect your toothbrush every day.**

Keep your toothbrush clean and germ free. Swish your brush in a small cup of LISTERINE® then rinse with tap water and air dry each day. Store your brush away from any toilet area.

#### **NO CAVITIES**

I just wanted to say thank you! I went to the dentist for my 6 month check and have no cavities! This has not happened to me since I was a little girl! My sensitivity is better and my mouth in general is fresher and cleaner.

- Sandy

# STEP THREE

## Protect

Time:  
**1**  
Minute

**ACT**<sup>®</sup> protects teeth. This final rinse should remain on your teeth for as long as possible to help remineralize and protect your teeth. The longer it remains on your teeth, the stronger your teeth will become.

**CHOOSE ORIGINAL ACT**<sup>®</sup> in mint, cinnamon or bubblegum flavors. The original ACT does not contain alcohol. ACT Restore is a different formula and is not recommended.



Store brands may not give the same results.

Stronger fluoride rinses and gels that dentists often recommend will not work effectively in this system.

Choose only the original ACT fluoride rinse. ACT original formula has special coating properties that allow it to flow over your teeth and into areas that are difficult to clean and therefore at risk for cavities.

### **MY MOUTH HAS NEVER FELT HEALTHIER**

Dr. Ellie, I originally spoke with you about 3 months ago. You introduced me to your products and program. All I can say is my mouth has never felt healthier! I cannot wait to go for a cleaning to see what positive comments the hygienist will have.

-Nick

# Zellies

with 100% XYLITOL

Anytime  
Throughout  
the Day

## Clean, Strengthen & Protect

Zellies Mints or Gum with 100% xylitol are delicious and. Xylitol is healthy, diabetic friendly, and has 40% fewer calories than sugar.

**Eat Zellies after meals, snacks or anytime to protect and strengthen your teeth.**

Studies show that eating a little Xylitol each day (6-10 grams) will remove harmful germs from your mouth and help strengthen soft teeth.



### INCREDIBLE DIFFERENCE IN THE WAY MY MOUTH FEELS:

My mouth feels completely clean  
instead of just clean.

I believe I am hooked! We are  
spreading the gum and mints  
around the office today! Thanks.

- Kristin

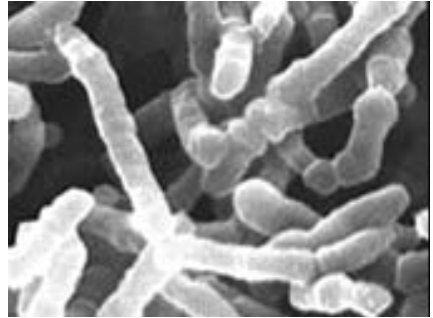
# About DENTAL DISEASE

## Acids soften (demineralize) teeth.

Mouth dryness and acidity provide the perfect conditions for softening and damage of teeth. You may brush and floss and still find yourself needing dental appointments and expensive dental treatments.

## Acidity promotes harmful bacteria.

Dental disease is a bacterial disease caused by a special group of harmful “acid-loving” mouth bacteria. These bacteria grow where saliva is thick and sticky, and thrive in places where they are not easily washed away.



These are the bacteria that feed on sugar and carbohydrates, forming more acids and more mouth acidity.



**ACID +  
DRY MOUTH =  
CAVITIES**

## How are your teeth?

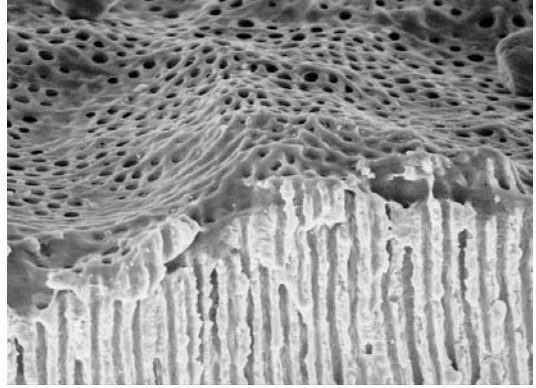
Do you have sensitivity? Bad breath?

Worn or weak teeth? Cavities or discolored teeth?

## Tooth enamel is very delicate and easily softened.

The outside of your tooth is not as hard as you think.

Enamel is a living membrane and it can be easily softened and demineralized by acids.



Dentists cannot stop enamel damage: only removing the acidity can stop the damage.

## Zellies Complete Mouth Care System to the Rescue!

Simply use the system twice a day and enjoy Zellies Mints and Gum with 100% xylitol throughout the day.

It only takes a few short weeks to eliminate harmful bacteria and help your teeth become healthier and stronger.

“I’ve been using the Zellies system and I’m utterly convinced. My mouth has never felt so clean, and my teeth are loving every moment.”

Pam  
Rochester, NY

# The Power of Xylitol

## **Xylitol can help everyone strengthen and protect their teeth.**

Xylitol is delicious and is found in fibers of fruits and vegetables. Xylitol was used in diabetic treatments over 100 years ago. Birch wood was the original source of commercially produced Xylitol in the 1940s and this remains a premier source today. Xylitol has been used in Europe for baking, cooking and to sweeten coffee and tea since World War II.



During the 1950s it was discovered that Xylitol could prevent ear infections in children. Hundreds of studies have confirmed the safety and health benefits of Xylitol. In the U.S. military, Xylitol gum is used by the troops to protect their teeth.

Native Americans knew the antibacterial properties of birch wood sugar, and wrapped medicines and precious herbs in the bark of birch trees to protect them from fungus and bacteria. Birch bark was also made into teething rattles for children, and chewed by adults to protect and strengthen their teeth.

# Frequently Asked Questions

## **Q: Is Xylitol safe? What is a safe dose?**

A: Xylitol has been safely used for diabetics for over 100 years. Xylitol comes from natural sources, has a low glycemic index and you can safely eat 50 to 100 grams a day.

## **Q: How often should I use xylitol?**

A: 6.5 grams of xylitol each day has been shown to eliminate harmful bacteria in about 5 weeks. It's best to eat small amounts after meals 3 to 5 times daily. Eat xylitol when your mouth is dry, and to protect your teeth after eating and drinking to maintain a neutral pH.

## **Q: What if I don't want to use a fluoride rinse?**

A: Anyone who is experiencing brittle teeth, fillings or other dental work will benefit from a fluoride rinse. Eating Xylitol or using a Xylitol rinse is an alternative but you may not see complete cavity healing.

## **Q: Can children start the Complete Mouthcare Program?**

A: Children of all ages can enjoy the benefits of xylitol (zellies.com for more information). Children around age 6 can begin to protect their new adult teeth with a Fluoride rinse. It is important that the child be able to rinse and spit.

Closys and Listerine are not necessary before adult teeth erupt.

## **Q: Should my teenager use the program?**

A: Teenagers are prone to dry mouth, bad breath, gum disease and cavities. Zellies Complete Mouth Care System will protect their teeth and freshen their breath.



**XYLITOL... AFTER MEALS, ANY TIME, EVERY DAY**  
Clean, Strengthen and Protect

**Zellies Monthly Automated Shipping Program -  
We'll Do The Shopping For You!**

**Let us send you the products you need every month -  
shipped straight to your door! FREE SHIPPING (in the U.S.)**

**Visit [Zellies.com](http://Zellies.com) for details**

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