

DO IT
YOURSELF!

RECIPE: Matcha green tea mouthwash

INDICATIONS : Cavities / Bad Breath /Gingivitis

PREP TIME: Few minutes



Green tea mouthwash has been proven to:

- Reduce the sulfuric compounds that cause bad breath
- Improve inflammation in gingivitis
- Reduce plaque that causes tooth decay and gum disease

Ingredients

- 1 cup water
- 1 packet (or 1 teaspoon ceremonial grade matcha)
- ½ teaspoon calcium carbonate
- ½ teaspoon L-Arginine
- ¼ teaspoon baking soda
- ½ –1 tablespoon xylitol (melted in 2 tablespoons hot water)

Instructions

1. Add all ingredients to a jar with a lid or high-speed blender.
2. Shake or blend until well-combined.
3. Use 1 tablespoon and swish in your mouth for 30 seconds to 1 minute.

Notes:

Can be kept in the fridge or stored on the counter for up to 2 weeks. Just make sure to shake it before you use it.