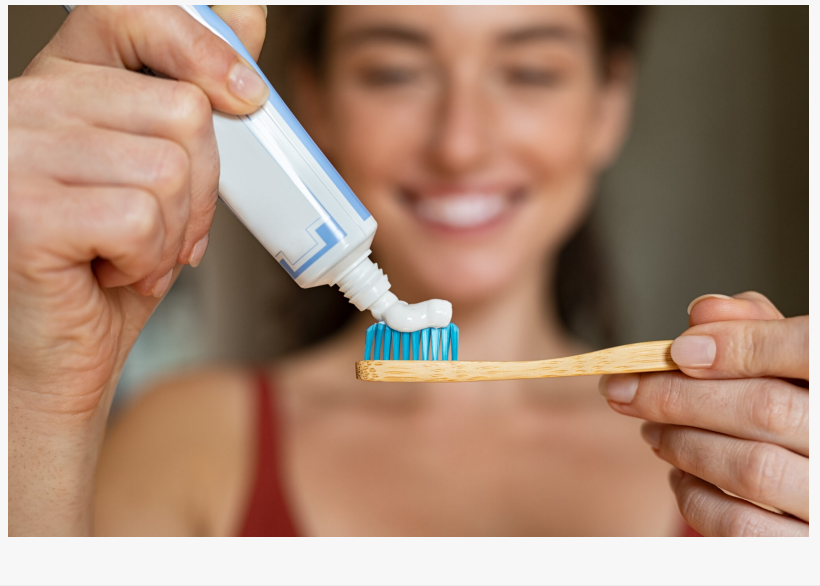


# South Anchorage Dental Center Releases New Details About How to Choose the Best Toothpaste

ANCHORAGE, ALASKA, UNITED STATES, May 3, 2023 /EINPresswire.com/ -- In a newly released blog, South Anchorage Dental Center gives a few great tips on [how to choose the best toothpaste for individual needs](#).

Believe it or not, many people are uncertain about which toothpaste to purchase. With so many brands and varieties of toothpaste available it can be overwhelming to decide what is best for individual needs. However, South Anchorage Dental Center has some tips to help you choose the right toothpaste for your oral health.



First, the American Dental Association recommends brushing twice a day with fluoride toothpaste which has been approved by the ADA. Fluoride helps prevent cavities and strengthen enamel, but there are other factors to consider when selecting the right paste as well.

Choosing a toothpaste based on specific needs can also add extra benefits such as fresher breath, reduction of sensitivity, and plaque removal. And a few questions to ask to help determine which type of toothpaste could improve dental health include:

- Is bad breath an issue? Look for a toothpaste that contains ingredients such as sodium bicarbonate and zinc chloride, which help neutralize the bacteria in the mouth that cause halitosis.
- Are the teeth sensitive to hot or cold temperatures? If so, look for a paste with potassium nitrate to provide relief from pain caused by sensitivity.
- Is plaque build-up evident? Select one that has triclosan to assist in removing plaque on teeth surfaces.

At South Anchorage Dental Center we understand how important it is to choose the right toothpaste for your needs. We can review different options with you during an appointment and answer any questions you might have. If you would like to get started on the path to optimal dental health, contact us today, or [visit our website](#) for more information about how we can help you choose the best toothpaste for your needs.

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