

# Flossing vs Rinsing

2 - six month, randomized, controlled, evaluator-blinded, gingivitis studies  
Study #1 > 300 patients • Study #2 > 300 Patients

Oral Hygiene Regimen	Gingivitis Reduction		Plaque Reduction	
	Study #1	Study #2	Study #1	Study #2
Brushing & Rinsing	7.9%	11.1%	37.5%	20.0%
Brushing & Flossing	8.3%	4.3%	2.1%	3.4%

Source: Dentistry IQ, March 5, 2002

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Oral Hygiene Regimen	Plaque Index	Modified Gingival Index	Bleeding Index
Brushing Only	2.15	2.21	8.97
Brushing & Flossing	2.21	2.11	9.56
Brushing & Essential Oil Rinse	2.05	1.57	4.43
Brushing & CHX Rinse	1.81	1.56	2.80

**NOTE: Higher Index scores indicate greater gingival inflammation.**