



**dr. ellie**  
ELLIE PHILLIPS DDS

COMPLETE MOUTH CARE SYSTEM

**It only takes 5 minutes, twice a day, to protect your smile and improve your oral health.**

*Stimulate natural repair with Dr. Ellie's Complete Mouth Care System*

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

**The Dr. Ellie's Complete Mouth Care System** is a specific collection of commonly found oral care products for the protection and healing of adult teeth. When used in this specific method, these products will work in harmony to balance mouth biochemistry and leave teeth cleaner and gums healthier than when any of these products are used alone.

#### HOW IT CAME TO BE



Dr. Ellie Phillips, a dentist, observed hundreds of patients in her office over a period of ten years. Dr. Ellie examined each patient for plaque, tooth and gum health, documenting the products they used to clean their teeth. Over many years of interrogation she discovered a pattern, showing some products appeared to help patients whereas others did not. Certain products even appeared detrimental to oral health. Next she suggested that patients using “unsuccessful” products change to use the beneficial ones, sometimes combinations of one or more products. Amazing improvements sparked her intense interest and to the eventual development of this specific system.

## HOW IT WORKS

Each step of this system has a specific purpose for promoting oral health. The interaction of these products is harmonious and quickly shows amazing benefits. It is vital that the correct products, method, timing and exact sequence is followed.

## WHEN TO USE

Use the Dr. Ellie's Complete Mouth Care System twice a day, in the morning and last thing before going to bed.

## WHO IT'S FOR

The Dr. Ellie's Complete Mouth Care System is for any adult who wants to protect, repair or improve their mouth health.

The Dr. Ellie's Complete Mouth Care System can be used when adult teeth begin to erupt (around 6-7 years old), but children should be supervised until they can safely rinse and spit.

## WHAT IS IT?

This is a method of cleaning teeth and gums in such a way that the biochemistry of the mouth is balanced for health (harmful bacteria are eliminated, yet healthy ones are promoted). The result is cleaner and healthier teeth and gums and often the resolution of early cavities, enamel weakness, and gum disease.



## XYLITOL

**Zellie's xylitol gum and mints after every meal, snack or drink.**

**THE USE OF XYLITOL IS VITAL TO THE ENTIRE PROGRAM!**

Doing only the rinses without using xylitol will only get you partial results. Having 6-10 grams of xylitol daily will help to loosen plaque on teeth so that the rinses are more effective. Xylitol also protects your mouth from acidity and helps to remineralize your teeth. Xylitol is best taken in small, frequent doses throughout the day and after meals, snacks, or drinks to alkalize your mouth.

*Not all xylitol products are created equal and many have added ingredients that will negate the positive effects of the xylitol.*

**Zellie's xylitol products are always made with 100% xylitol and the best ingredients!**



## 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*



STEP TWO

## PRE-RINSE WITH CLOSYS®

CloSYS® will prepare your teeth for brushing. This pH neutral rinse ensures that brushing teeth does not occur in an acidic mouth. If your mouth is acidic your teeth will be soft and easily damaged by the abrasiveness of toothpaste.

CloSYS® works on oxygen-hating disease bacteria, to improve gum health, safely and gently. CloSYS® reduces 99.9% of harmful bacteria in your mouth, specifically the ones that cause bad breath and gum disease.



### **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*

## H O W

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- ① Rinse for 1 minute.
- ② Focus on gently holding the rinse on any areas that you know have particular problems.



### ●●○ *tips* ○●●

Do not add the flavoring that comes with the CLOSYS® rinse.

Do not rinse with water between any of the steps.



## BRUSH WITH CREST® REGULAR CAVITY PROTECTION TOOTHPASTE

Crest® Cavity Protection Regular Paste gives far better results because it doesn't have the problematic additives that many new pastes have. It's active ingredient, sodium fluoride, is at an optimal concentration. Many new pastes contain stannous (tin-based) fluoride that will stain teeth.

Crest® Cavity Protection Regular Paste has finely ground silica, which is an ingredient that helps heal teeth and at this fine grind is non-abrasive. Many pastes may damage and wear enamel with a more coarse silica or other problematic ingredients, such as chalk or glycerin.

When you put sodium fluoride and silica together they strengthen teeth to protect them from acids. This is how this specific paste prepares teeth for the next step, the LISTERINE® Rinse. (If you use any other toothpaste, you may not have this same protection).

## HOW

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- 1 Brush with Crest® Cavity Protection Regular Paste for about 2 minutes.

### ●●● *tips* ●●●

Focus on brushing your gums around teeth, to stimulate a good blood flow to the place where teeth and gums connect. Do this on the inside and outside of every tooth.

Don't forget your front teeth at the gum level. People often turn their wrist as they brush and forget these teeth.

Avoid whitening, tartar or plaque control products.

Clean your toothbrush every day and store dry and away from any toilet area.

Do not rinse with water between any of the steps.





## RINSE WITH LISTERINE®

LISTERINE® is an effective rinse that kills the bacteria that cause plaque build up and gingivitis. Many other antiseptic, baking soda, or peroxide rinses are too aggressive for mouth health. It's hard to believe LISTERINE® is the more gentle antiseptic rinse because of how “strong” it feels in the mouth, but its active ingredients are three essential oils: eucalyptus, menthol, and thymol.

The rinse contains alcohol and is acidic, but in Step Two you protected your teeth from acidity with Crest® Cavity Protection Regular Paste, and in Step Four you will protect your mouth from the drying alcohol, which will be washed away by finishing with the ACT® Anticavity Rinse.

## HOW

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- 1 Rinse vigorously for 30-60 seconds.
- 2 Focus on letting LISTERINE® do your “flossing” by swishing it between your teeth and places where bacteria hide.



### ●●○ *tips* ○●●

If full strength is too strong, you can dilute with water.

Always look for the ADA Seal on the label.

We suggest the Original or Cool Mint flavors.

Avoid LISTERINE® products with whitening, plaque, tartar-control or alcohol-free formulas.

Do not rinse with water between any of the steps.



STEP FIVE

## RINSE WITH ANTICAVITY ACT®

ACT® Anticavity Rinse is a very dilute, but particularly effective, sodium fluoride solution. Using it directly after the LISTERINE® increases the healing power of ACT®.

This rinse helps prevent & reverse cavities, strengthen teeth, and leaves your breath fresh. It is also a particularly good rinse for reducing tooth sensitivity. As the final step, ACT® seals and protects your teeth for many hours.

### NO CAVITIES

*I just wanted to say thank you! I went to the dentist for my 6 month check up 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*

# HOW

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- 1 Rinse for 1 minute.

## ●●● *tips* ●●●

Do not rinse with water between any of the steps.

Do not eat or drink for 30 minutes after rinsing with ACT®.

Choose only Original ACT® Anticavity Rinse in mint, cinnamon, or bubblegum flavors.



# LEARN MORE!

Visit [DrEllie.com](http://DrEllie.com) to learn more about Dr. Ellie and her mission to help everyone achieve ultimate oral health!

## WANT TO LEARN MORE ABOUT ZELLIE'S SUPERIOR XYLITOL PRODUCTS?

Check out [Zellies.com](http://Zellies.com) for complete information on product ingredients as well as helpful information on the benefits of xylitol for oral health.

ZELLIES XYLITOL PRODUCTS ARE  
ALWAYS MADE WITH 100% XYLITOL!



# CUT OUT THIS HANDY "CHEAT SHEET" AND POST IT ON YOUR BATHROOM MIRROR!

1

STEP ONE  
XYLITOL

Use products with 100% Xylitol throughout the day.

- » *For maximum effectiveness, have 6 - 10 grams per day.*
- » *Xylitol is great anytime, but especially after meals and drinks.*
- » *Granulated Xylitol or Mints or Gum.*

2

STEP TWO  
PRE-RINSE

Rinse with CLOSYS® mouth rinse for one minute.

- » *Do not rinse with water after this step.*

3

STEP THREE  
BRUSH

Brush with a soft toothbrush and use Crest® Regular Cavity Protection Toothpaste (1-2 Minutes).

- » *Don't use Crest® with: whitening, tartar control, stannous fluoride, sodium monofluorophosphate or triclosan.*
- » *Keep toothbrush sanitary and clean. Keep it away from the toilet area.*
- » *Do not rinse with water after this step.*

4

STEP FOUR  
CLEAN

Rinse with LISTERINE® (30-60 Seconds). Only use the Original or Cool Mint flavors with ADA Shield.

- » *Don't use LISTERINE® with plaque or tartar control, or whitening.*
- » *Do not rinse with water after this step.*

5

STEP FIVE  
PROTECT

Rinse with ACT® Anticavity Fluoride Rinse for 1 minute. Only use the Mint, Cinnamon or Bubblegum flavors.

- » *Avoid all other ACT® formulas.*
- » *Do not rinse with water after this step.*
- » *Try to avoid eating or drinking for 30 minutes after finishing with this step.*

*NICE TO SEE SOMETHING SO SIMPLE WORK SO WELL!*

*Just had my checkup 5 months after starting the system. Recession in some pockets went down from 6 mm to 4 mm, and the hygienist made the remark that my teeth seemed to belong to somebody different than what had been posted in my dental reports the last few years. The most amazing thing she noted was that my teeth looked like they have been flossed regularly (which they hadn't been ... even remotely). Nice to see something so simple work so well. I've been using the system twice a day with the exact recommended products.*

*Thanks Dr. Ellie!! - PATRICK*

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FOR MORE INFORMATION, VISIT:  
[WWW.DRELLIE.COM](http://WWW.DRELLIE.COM)

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