

Quick & Easy Homemade: Toothpaste and Mouthwash  
An Albion District Library Workshop  
August 20, 2013

## **Why homemade?**

### *Inexpensive*

Your average 5.6 oz tube of name-brand toothpaste costs approximately \$2.50 (\$0.41/oz).  
Our recipe makes about 9 oz of toothpaste at a cost of approximately \$0.83 (\$0.09/oz).

The average 24 oz bottle of name-brand mouthwash costs approximately \$3.00 (\$0.12/oz).  
See the recipes for their approximate cost per ounce.

### *Complete Control of Ingredients*

Commercial brands often include preservatives, artificial dyes and sweeteners, and synthetic flavors and fragrances. These may give temporary fresh breath, a clean feeling and a minty taste, but may also leave your mouth very dry, irritated and could also be a serious health risk. Making your own toothpaste and mouthwash gives you complete control over ingredients.

## **Common Ingredients**

### baking soda

acts as a rinse and a cleanser, neutralizes the production of acid in the mouth and also acts as an antiseptic to help prevent infections occurring

### stevia

made from the leaves of the stevia plant. These little leaves are 300 times sweeter than sugar and contain no calories or the negative effects of sugar on teeth

### peppermint essential oil

excellent mouth freshener, antibacterial, anti-inflammatory, antifungal, antimicrobial, antiseptic, astringent

### clove essential oil

antibacterial, antimicrobial, antiseptic, anti-inflammatory, freshens breath

### cinnamon essential oil

antibacterial, anti-inflammatory, antiseptic, freshens breath

### orange essential oil

anti-inflammatory, antiseptic, antibacterial

### ginger essential oil

stimulates production of saliva (saliva helps prevent tooth decay, gum disease, and bad breath), antibacterial, anti-inflammatory, antioxidant, antiseptic, astringent

### tea tree oil

known and used throughout the world antiseptic, antibacterial, antifungal, and antiviral

## **Why not hydrogen peroxide?**

Hydrogen peroxide out of the bottle is not only ineffective in whitening teeth, but can damage your gums and the lining of your mouth, causing gum necrosis and major shift in oral microflora. Whitening products that contain hydrogen peroxide are specially formulated so as not to cause harm.

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**The Basic Toothpaste Recipe**

2 Tbsp Coconut Oil  
2 Tbsp Baking Soda  
2 packets Stevia  
5-10 drops Essential Oil/Candy Flavoring Oil

TIP: When using homemade mouthwash, it is important to shake your mouthwash well every time before using to mix the ingredients as the ingredients may have settled or the essential oils have collected at the top.

**Soda Pop Mouthwash (9 oz -- \$0.05/oz)**

1 cup distilled water (\$0.17)  
1 tsp baking soda (\$0.01)  
4-5 drops peppermint essential oil (\$0.10)  
4-5 drops tea tree essential oil (\$.17) – optional  
1 packet stevia (\$0.03) – optional

**Honey Mint Mouthwash (9 oz -- \$0.07/oz)**

1 cup distilled (\$0.17)  
1 tsp honey (\$0.09)  
1 tsp baking soda (\$0.01)  
4 drops peppermint essential oil (\$0.10)  
4 drops lemon essential oil (\$0.10)  
4 drops tea tree (melaleuca) essential oil (\$0.17)  
1 packet stevia (\$0.03) – optional

**Orange Spice Mouthwash (8 oz -- \$0.05/oz)**

1 cup distilled (\$0.17)  
3 drops clove essential oil (\$0.08)  
2 drops cinnamon essential oil (\$0.05)  
2 drops orange essential oil (\$0.05)  
1 drop ginger essential oil (\$0.03)  
1 packet stevia (\$0.03) – optional