

Herbal Mouthwash: Botanical Breath Freshner

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Abstract: Herbal mouthwashes are becoming increasingly popular as a natural alternative to traditional oral care products, providing a variety of oral hygiene benefits. These mouthwashes often contain plant-based chemicals recognized for their antibacterial, antifungal, and anti-inflammatory effects. Neem, tea tree oil, clove, and peppermint are some of the most commonly utilized herbs, and they all help to improve breath, gum health, and plaque formation. Herbal mouthwashes are frequently free of harsh chemicals and synthetic additives, making them a safer choice for people who want a more natural approach to oral health. This abstract discusses the effectiveness, safety, and possible benefits of herbal mouthwashes, as well as the scientific data that supports their usage in everyday dental care regimens.

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