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| MEET YOUR MOUTH |  |
| IT’S PART OF YOUR BODY |  |
| Your Mouth and Spit |  |
| More Information |  |
| Saliva helps prevent cavities from forming, and aids in protecting against gum disease. It naturally cleans teeth by washing away bits of food debris and preventing a prolonged acid attack on tooth enamel. It also contains antimicrobial agents that help combat bad bacteria that fuels cavities. |  |
| Saliva is made up of water, mucus, proteins, minerals, and amylase that’s made by the |  |
| salivary glands in your mouth. It’s important for keeping your teeth clean and helps prevent cavities from forming. |  |
| It aids in protecting against gum disease and keeps your teeth strong by providing healthy minerals. |  |
| Since saliva is 99% water, drinking water is the best way to stimulate saliva production. On average, you should be drinking 4–6 glasses of water a day. |  |
| Saliva is not enough to maintain a healthy mouth. Along with drinking enough water, be sure to brush your teeth twice a day. |  |
| Minnesota Oral Health Coalition |  |