Tooth & Gum Formula

An herbal rinse traditionally used to bring circulation to the teeth and gums, tighten loose teeth and stop bleeding gums.

This Herbal Combination



Echinacea — the largest part of the formula, a strong immune herb that fights infection in the mouth on contact.



Bayberry Bark — a strong astringent that tightens and tones spongy, bleeding gums.



White Oak Bark — one of the great astringents, long used to firm the gums and tighten loose teeth.



Cayenne (Habanero) — drives fresh circulation into the gums and the roots of the teeth.

Tea Tree, Peppermint and Clove Oils — added after the herbs are extracted. Tea Tree is antibacterial and antifungal, Clove soothes and numbs, and Peppermint freshens.

How It Works

This formula increases the circulation to the teeth and gums. Used regularly, it is traditionally used to tighten teeth and gums and to stop the bleeding gums that come with plaque buildup and gingivitis. It is antibacterial and antifungal, and goes after oral infection on contact.

Suggested Use

With a water pik (best results): put 4 to 6 droppersful in the reservoir with warm water and use the strongest setting you can tolerate. Used daily, gum bleeding often stops within about a week.

As a rinse: add 2 droppersful to 2 ounces of water and rinse thoroughly, swishing and straining the water through all the teeth.

On the gums: massage it directly into the gums with a cotton swab.

Pairs Well With

Tooth Powder. For healthier teeth and gums, we recommend using the two together.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Two Herbal Helps for Healthy Teeth and Gums" at www.daradietz.me.