

## **How to Make Homemade Mouthwash that Whitens and Remineralizes**

### **Ingredients**

- 2 teaspoons calcium carbonate powder
- 1 teaspoon xylitol crystals
- 10 drops concentrated trace minerals liquid
- 10 drops peppermint essential oil
- 5 drops lemon essential oil
- 5 drops spearmint essential oil
- 2 cups of filtered water

### **Directions**

1. In a large glass mixing cup, stir together the calcium powder and xylitol crystals.
2. Add liquid minerals and essential oils.
3. Add water and stir.
4. Pour mixture into a glass bottle (I reused an old apple cider vinegar bottle).
5. Close the lid tightly and shake ingredients together for about 30-60 seconds so the xylitol dissolves.
6. Shake well before using.
7. Store in the refrigerator for up to two weeks.

### **Why These Ingredients?**

Calcium carbonate powder: for remineralizing teeth

Xylitol crystals: for sweetness and cavity protection

Concentrated trace minerals liquid: for remineralizing teeth

Peppermint essential oil: for flavor and fresh breath

Lemon essential oil: for whiter, brighter teeth

Spearmint essential oil: for flavor and fresh breath

Web Source: <http://www.livingthenourishedlife.com/homemade-mouthwash-recipe-for-whitening-and-remineralizing/>