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# **Bad Breath Treatment Tip: B Is For Breath**

Take your vitamins, especially your vitamin B. Lowered B levels can lead to bad breath, especially B6 which is not found in large amounts in most foods. A vitamin supplement can help correct this, which will improve your breath. Again, the healthier you are, the sweeter your breath, so don't forget looking at health causes such as vitamin deficiencies if you have bad breath.

**[Your current mouthwash and toothpaste could be causing your breath to get worse, NOT better! Try a FREE trial of the most popular mouthwash to stop bad breath \(a \\$33.45 value\). Click Here](#)**

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