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Today's Quick Tip: Use the Right Mouthwash

Some mouthwashes may not work for you in the long run if you have chronic bad breath. There is also a possibility that over using mouthwashes, especially those with high alcohol content, can make bad breath worse. Too much alcohol in a mouthwash can dry the oral cavity which makes it perfect for the breeding of anaerobic bad breath bacteria.

[Discover the truth about bad breath. Download this easy-to-read FREE guide to help YOU experience fresh breath every day for the rest of your life. Get your free copy now!](#)

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