



Clean Kiss Homecare Quiz

1. Scrub toothpaste is red because:
 - a. It contains cochineal from a scale insect
 - b. It contains red food coloring
 - c. It contains Vitamin B12
 - d. Red matches the Clean Kiss logo
 - e. All of the above
2. Put the following homecare steps in order (1 is the first step—4 is the last step):
____ Scrub
____ Support
____ Spray
____ Swish
3. Which step uses an oral irrigator?
 - a. Swish
 - b. Spray
 - c. Support
4. If the patient says Swish is too strong, what should you say?
 - a. Dilute it with a little water
 - b. Make sure it is mixed well before taking
 - c. Are they diabetic or pre-diabetic?
 - d. All of the above
5. List 4 key ingredients of Scrub and Swish
 1. _____
 2. _____
 3. _____
 4. _____
7. Brushing with Vitamin B12 helps
 - a. fight decay
 - b. get it into the bloodstream

- c. metabolize sugar
- d. All of the above

8. Organic Apple Cider Vinegar in Swish

- a. Oxidizes to kill bacteria
- b. Weakens teeth
- c. Tastes good
- d. Both A and B

9. Essential Oils

- a. Removes bacteria via encapsulation
- b. Removes bacteria via oxygenation
- c. Calm inflamed tissues to promote healing
- d. Both B and C

10. Grape Seed Extract

- a. Has 20-50X more antioxidant power than Vitamin C or E
- b. Prevents bacteria from colonizing on gums or teeth
- c. Can reduce CRP
- d. All of the Above

11. Coenzyme Q10

- a. Is vital to all natural processes including heart function and blood pressure
- b. Is included in Statin Drugs
- c. Tends to be low in people with gum disease
- d. A and C

12. Fill in the following:

- Anti-oxidants ____ free radicals.
- Free radicals ____ cells that can multiply forming cancer tumors.
- Folic acid is needed to _____ excess levels of homocysteine.
- Excessive homocysteine levels are linked to _____ - _____ problems.
- ____% of the population cannot convert folic acid into l-methylfolate.
- _____ drugs lower CoQ10 levels which increases neurological disease risks
- Periodontal health benefits from supplementation was published in ____ (yr) by _____ University.
- ____% of Americans are deficient in vitamin B12 and _____ have suboptimal levels

13. Vitamin B12

- a. Helps heal gum tissues
- b. Is only for diabetics
- c. Helps sugar metabolize

- d. Both a and c
- 14. Why do we switch from Perio Therapy to Perio Care after two months?
 - a. Don't need the immune support Echinacea offers
 - b. Echinacea is not good for the immune system long term but helps short term.
 - c. Both a and b
- 15. Fluoride is not added to Clean Kiss products because:
 - a. Vitamin B12 breaks down sugar, so it is not typically needed to fight decay.
 - b. Fluoride may cause health issues in some populations.
 - c. Many people have a Vitamin B12 deficiency, so it is a healthier choice to fight decay.
 - d. All of the above
- 16. Free Radicals
 - a. Cause cellular damage
 - b. Cannot be neutralized
 - c. Can be neutralized with anti-biotics
 - d. None of the above
- 19. Replacing lost bone
 - a. Nearly impossible without bone grafts
 - b. Can be done with nutraceuticals
 - c. Can be done with mineral supplements
- 20. A "nutraceutical"
 - a. Replaces pharmaceuticals
 - b. Prevents, cures or diagnoses disease
 - c. Is the same as vitamins
 - d. Uses nutrition to provide health or medical benefits in addition to its basic nutritional value—called also functional food.

True or False

- ___ Periodontal disease is more common among 60 year olds than 20 year olds
- ___ People under 40 years old do not need Clean Kiss Products
- ___ Two-year-old children can use Scrub unsupervised by an adult
- ___ People on medications should not use the Nutraceuticals
- ___ The Organic Apple Cider Vinegar in Swish will erode tooth enamel over time
- ___ Proanthocyanidin is grape seed extract and can improve the circulatory system
- ___ Vitamin B12 is in both Scrub and Perio Therapy and Perio Care
- ___ We cannot stop decay without fluoride
- ___ Clean Kiss products are only for people with periodontal disease
- ___ Osteo Therapy+ helps strengthen teeth and bones
- ___ Xylitol helps prevent decay

___ Adding a capful of Swish to 10 oz of water in the oral irrigator helps reach bacteria toothbrushes can't reach.

___ Patients can purchase Clean Kiss products in drug stores or health food stores.

___ All Probiotics are designed for oral care

___ Oral probiotics flourish in an oxygenated environment

___ The Clean Kiss System oxygenates the mouth and body

___ Clean Kiss products kill "good" bacteria

___ Oral Probiotics crowd out "bad" bacteria

___ Wait 30 min after using Swish to take a probiotic

___ Our recommended probiotics create a form of hydrogen peroxide that whitens teeth over time

Match the phrases on the right with those on the left

No pharmaceuticals		Neutralizes Free Radicals
Oxygenates and Encapsulates		Yes on Medical Questionnaire
Anti-oxidants		Taking Statin drugs
Essential Oils		No nutraceuticals without MD consult
Notify MD anti-inflammatory regime		Swish
Need CoQ10		Vitamin B12
Helps prevent decay, sugar processing		Patient Autoship
Changes pattern of behavior		Osteo Therapy+
Pregnant or lactating women		All Clean Kiss Products
Balances minerals for easy absorption		Kill/removes bacteria, promotes healing, patent pending proprietary blend
Natural Anti-histamine; reducing CRP Improved circulation, Improved Blood Pressure, Lowering A1c		Good side effects