

Dental Care

Toothpaste

- Children's Zooth by Oral B toothpastes: "Hello Kitty" – bubble gum flavour and "Finding Nemo" – grape flavor
- Colgate KIDS 2 in 1 (Toothpaste & Mouthwash): "Watermelon" flavour ONLY – (Not Strawberry or Bubblegum – they contain mint!)

The following Tom's of Maine Toothpastes have been found at Save On, Safeway, Walmart and London Drugs. Strawberry and Apricot flavorings contain fruit oils, gels and extracts in insignificant (homeopathic) amounts. These are the ONLY TWO flavors of TOM, found in Edmonton, that are safe to use.

- "Silly strawberry for children", natural fluoride-free.
- "Apricot" natural fluoride-free, plus whitening, homeopathic-style (No longer manufactured, but may still find some)

Dental Floss *** ***You want unflavoured brands ie. No mint or menthol***

- Crest "Glide" Comfort Plus Floss – Unflavored. (blue pkg.) — Shoppers Drug, Superstore
- Exact(Superstore brand) "extra comfort" waxed floss, unflavored. (blue pkg) — Superstore
- GUM "Butlerweave, unwaxed, 200 yds. — Nov./2015
- GUM Expanding Dental Floss, 40 meters — London Drugs — 2017
- Johnson & Johnson "Reach" Unflavored unwaxed, Unflavored waxed, and Easy Glide Unflavored. — Widely available
- Oral-B Essential Floss 50 meters, waxed — 2020

Tums

- Tums Extra – 750 mg Calcium carbonate (= 300 mg elemental Calcium) "Assorted Berries" flavor. Contains sucrose.
- Tums Ultra – 1000 mg Calcium carbonate (= 400 mg elemental Calcium) "Assorted Fruit", "Assorted
- Tropical Fruit", "Banana Berry" flavors. Contains sucrose.
- Tums Extra Strength "Smoothies" (300 mg elemental Calcium) "Cocoa & Crème", "Berry Fusion" and "Tropical Fruit"
- Caltrate with Vitamin D "Soft Chews". Vanilla, strawberry, or chocolate flavors. Each chew = 600 mg elemental Calcium (carbonate source) and 400 IU Vitamin D.
- Caltrate Plus "Chewable Tablets". Fruit Flavored. Each Tab = 600 mg elemental Calcium (carbonate source) and 400 IU Vitamin D.
- Caltrate Plus Tablets. . Each Tab = 600 mg elemental Calcium (carbonate) and 400 IU Vitamin D.
- Citracal Calcium Citrate Caplets with Vitamin D (315 mg + 200 IU) (white bottle, blue & red print) Citracal Creamy Bites. Chocolate fudge, caramel, or lemon cream flavors. Each chew = 500 mg
- Calcium (citrate) and 200 IU Vitamin D — Superstore

- Compliments (Sobey's brand) Calcium Citrate 300 mg Caplets. Also available with Vitamin D 200 IU. (white bottle/yellow, red, blue label)
- Exact (Superstore brand) Calcium Citrate with Vitamin D (300 mg + 200 IU) Exact (Superstore brand) Calcium 600 mg (from carbonate)
- Roloids Ultra Strength "Soft Chews". Rich Vanilla flavor. Each chew = 471 mg elemental Calcium (from carbonate source)

Sore Throat Lozenges

- Strepsils, "Lemon – Sugar Free" Antibacterial Action — Superstore, Shoppers, Safeway, Save On