

MEET YOUR MOUTH

IT'S PART OF YOUR BODY



Your Mouth and Sports

Even sports can impact your oral health.

Add a mouth guard to your uniform to protect against dental trauma in high-contact sports.

Dehydration can dry out your mouth, decreasing the amount of saliva you produce. This limits your mouth's ability to clean itself of plaque and bacteria. If plaque and bacteria build up, your risk of decay and disease highly increase.

More Information



Energy drinks and other supplements can contain added sugars and acidic ingredients that can erode your enamel and tooth health.

Make sure you stay hydrated throughout your sport, be cautious of added sugars disguised in energy drinks, and protect your teeth in contact-heavy sports.