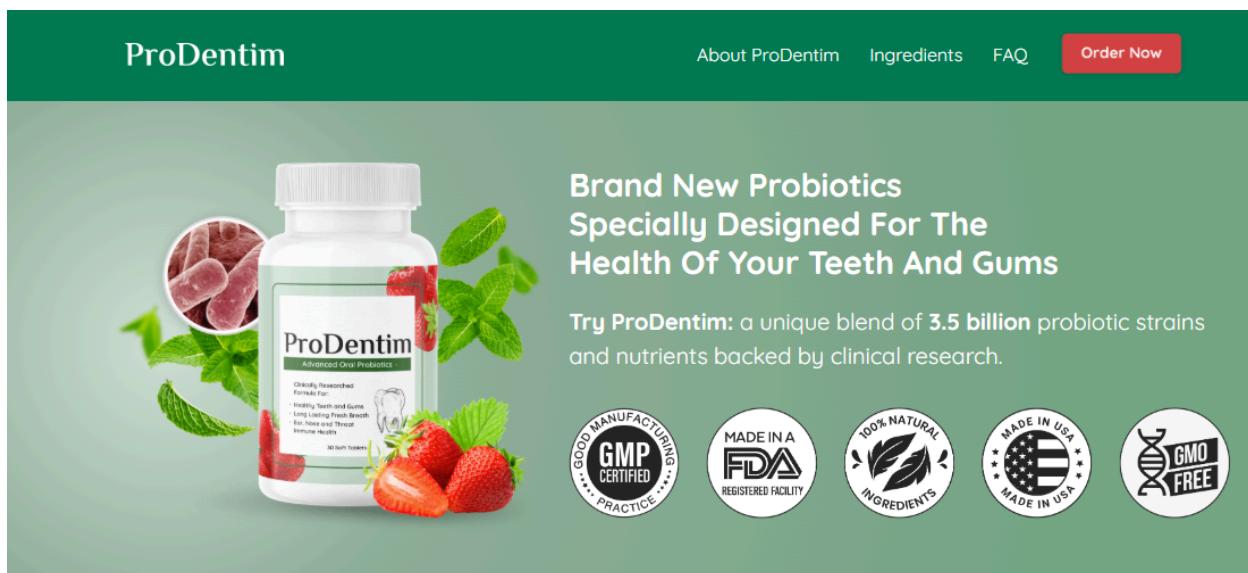


# ProDentim Reviews & Comprehensive : Why Everyone Is Talking About It in 2026

ProDentim is a relatively new **oral probiotic supplement** that has gained attention for its unique approach to supporting teeth and gum health. Unlike traditional oral care products that focus mainly on cleaning the surface of teeth, ProDentim is formulated to work at a deeper level by supporting the **oral microbiome**—the community of beneficial bacteria naturally present in the mouth. Emerging research suggests that maintaining a healthy balance of these bacteria may play an important role in gum comfort, breath freshness, and overall oral wellness.



ProDentim combines **3.5 billion CFUs of clinically studied probiotic strains** with carefully selected nutrients such as inulin, malic acid, tricalcium phosphate, and peppermint. The product is designed as a **chewable tablet**, allowing the probiotics to come into direct contact with the gums and teeth. According to the manufacturer, this targeted delivery helps create a more balanced and supportive oral environment.

With growing interest in probiotic-based oral care, many consumers are searching for honest and medically responsible ProDentim reviews. This review takes a closer look at how ProDentim works, its ingredients, potential benefits, safety considerations, and whether it may be a suitable addition to a daily oral health routine.

[Click Here to Go ProDentim official website](#)

# What Is ProDentim?

ProDentim is a **chewable oral probiotic supplement** designed to support the health of teeth, gums, and the overall oral environment. Unlike conventional dental products that mainly focus on removing bacteria, ProDentim aims to **restore balance in the oral microbiome** by replenishing beneficial bacteria that naturally live in the mouth. Maintaining this balance is increasingly recognized as an important factor in long-term oral wellness.

Each ProDentim tablet delivers **3.5 billion CFUs of clinically studied probiotic strains**, including *Lactobacillus paracasei*, *Bifidobacterium lactis* BL-04®, and *Lactobacillus reuteri*. These strains have been researched for their role in supporting gum comfort, breath freshness, and a healthy oral environment. The formula also includes supportive ingredients such as **inulin**, a prebiotic fiber that nourishes good bacteria, **malic acid** to help maintain the natural appearance of teeth, **tricalcium phosphate** for tooth mineral support, and **peppermint** for its refreshing and soothing properties.

ProDentim is non-GMO, gluten-free, and easy to use, making it a convenient addition to a daily oral care routine. While it is not a replacement for brushing, flossing, or professional dental care, ProDentim is designed to complement traditional oral hygiene by supporting oral health from within.

## Pros of ProDentim

### 1. Supports Oral Microbiome Balance

ProDentim contains beneficial probiotic strains that may help promote a healthier balance of mouth bacteria, which is increasingly linked to gum comfort and breath freshness.

### 2. Clinically Studied Ingredients

Strains such as *Lactobacillus paracasei*, *Bifidobacterium lactis* BL-04®, and *Lactobacillus reuteri* have been researched for oral and systemic wellness, providing a scientific rationale for use.

### 3. Easy to Use and Palatable

As a chewable tablet with mint, ProDentim is easy to take and can fit conveniently into daily routines without the need for complicated dosing.

### 4. Formulated with Supportive Nutrients

Inulin, malic acid, and tricalcium phosphate may assist in nourishing beneficial bacteria and supporting the natural appearance and mineral balance of teeth.

### 5. Non-GMO and Gluten-Free

Free from common allergens like gluten and stimulants, making it broadly accessible to many users with dietary sensitivities.

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## Cons of ProDentim

### 1. Not a Replacement for Standard Dental Care

ProDentim is a supplement, not a therapeutic treatment; it should complement—not replace—brushing, flossing, and professional dental care.

### 2. Variable Individual Response

As with all probiotic products, benefits can vary widely between individuals; some users may experience limited noticeable changes.

### 3. Limited High-Level Clinical Evidence in Humans

While probiotic strains are supported by research, large-scale, long-term clinical trials specific to ProDentim's formula are limited, which is common for dietary supplements.

## How Does ProDentim Work?

ProDentim works by targeting the **oral microbiome**, which is the ecosystem of beneficial and harmful bacteria living in the mouth. Instead of simply removing bacteria like traditional oral care products, ProDentim is designed to **support and rebalance beneficial oral bacteria**, helping create a healthier environment for teeth and gums. Below are the key ways ProDentim works:

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### 1. Replenishes Beneficial Oral Bacteria

ProDentim delivers **3.5 billion CFUs of clinically studied probiotic strains**, including *Lactobacillus paracasei*, *Bifidobacterium lactis* BL-04®, and *Lactobacillus reuteri*. These probiotics are intended to populate the mouth with beneficial bacteria that help crowd out harmful microbes linked to gum irritation and bad breath.

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### 2. Supports a Healthy Gum Environment

Certain probiotic strains in ProDentim have been studied for their ability to help manage **oral inflammation and gum sensitivity**. By promoting a more balanced bacterial environment, ProDentim may support gum comfort and overall oral resilience.

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### 3. Nourishes Good Bacteria with Prebiotics

ProDentim contains **inulin**, a prebiotic fiber that serves as fuel for beneficial bacteria. This helps probiotics survive and thrive in the mouth, supporting longer-lasting oral microbiome balance with consistent use.

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#### 4. Helps Maintain Tooth Strength and Appearance

Ingredients like **tricalcium phosphate** support tooth mineral content, while **malic acid**—naturally found in strawberries—may help maintain the natural brightness of teeth when paired with proper oral hygiene.

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#### 5. Freshens Breath Naturally

Peppermint extract provides a refreshing taste and natural anti-inflammatory properties, contributing to **fresher breath** without harsh chemicals that may disrupt oral bacteria.

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#### Final Thoughts

ProDentim works best when used consistently and alongside regular brushing, flossing, and dental checkups. While it is not intended to treat or cure dental conditions, ProDentim is designed to complement traditional oral care by supporting oral health from within through probiotic science.

[Click Here to Go ProDentim official website](#)

## What Makes ProDentim Different from Toothpaste or Mouthwash?

ProDentim, toothpaste, and mouthwash all aim to support oral health, but they work in fundamentally different ways based on their **mechanisms and targets**:

### 1. ProDentim Supports the Oral Microbiome

ProDentim is formulated as an **oral probiotic supplement** designed to introduce and support beneficial bacteria in the mouth. Its goal is to **promote a balanced microbiome**, which may help create an environment less favorable to harmful microbes that contribute to gum irritation and bad breath.

In contrast, **toothpaste and most mouthwashes are primarily antimicrobial**—they aim to remove or kill bacteria on contact. While this reduces visible plaque and surface bacteria, it doesn't selectively support beneficial microbes and, in some cases, may disrupt the natural bacterial balance.

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## 2. ProDentim Works From the “Inside-Out”

Because ProDentim delivers probiotics through **chewable tablets**, the probiotic organisms can interact directly with oral tissues and saliva throughout the day, potentially supporting a longer-term shift in bacterial balance.

Toothpaste and mouthwash work from the **outside-in**—removing debris and bacteria at the time of use, but their effects are short-lived and surface-focused.

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## 3. Nutrient and Prebiotic Support

ProDentim contains supportive ingredients like **inulin (a prebiotic)** to nourish beneficial bacteria, and **tricalcium phosphate** to support tooth mineral balance. Toothpaste and most mouthwashes typically do not include prebiotics or nutrients that feed oral bacteria.

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## 4. Not a Cleaning Product

Toothpaste and mouthwash help with **mechanical cleaning**, stain removal, and fresh breath through surfactants and antiseptics. ProDentim does **not replace brushing, flossing, or professional care**—it complements them by addressing the microbiological environment rather than plaque removal.

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## Summary

Feature	ProDentim	Toothpaste/Mouthwash
Targets oral microbiome	✓ Yes	✗ Not specifically

Introduces beneficial bacteria  Yes  No

Short-term antimicrobial action   Yes

Supports bacterial nutrition  (prebiotic)

Replaces brushing/flossing

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## What Probiotic Strains Are in ProDentim?

ProDentim contains **three clinically studied probiotic strains** that are selected for their potential roles in supporting oral and overall wellness. Each strain contributes in a unique way to the product's proposed benefits:

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### 1. *Lactobacillus paracasei*

This strain is commonly researched for its ability to **support gum comfort and oral bacterial balance**. Some studies suggest that *L. paracasei* may help create a more favorable environment in the mouth by competing with harmful bacteria and supporting beneficial ones. It has also been associated with indirect support for nearby sinus health.

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### 2. *Bifidobacterium lactis* BL-04®

*B. lactis* BL-04® is a well-characterized probiotic strain with research supporting its role in **maintaining healthy bacterial balance** in various parts of the body, including the oral cavity. It may help support a balanced microbial environment and contribute to overall oral comfort. Additionally, *B. lactis* is known for its potential benefits in immune system support.

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### 3. *Lactobacillus reuteri*

*L. reuteri* has been studied for its **anti-inflammatory properties** and its potential to help support a healthy oral environment. Research suggests that this strain may modulate microbial balance and play a role in creating conditions that are less favorable for bacteria associated with gum irritation.

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## Why These Strains Matter

Unlike conventional oral care that temporarily removes bacteria, these probiotic strains are intended to help **repopulate the mouth with beneficial microbes**, contributing to a more balanced bacterial ecosystem. This approach reflects a growing interest in maintaining oral health by supporting the microbiome rather than simply suppressing bacteria outright.

## How Many Probiotics Does ProDentim Contain?

ProDentim delivers **3.5 billion CFUs (colony-forming units)** of probiotics per serving.

**CFUs** measure the number of viable probiotic bacteria that can potentially grow and colonize, and they're a standard way of expressing the potency of probiotic products. In this case, the 3.5 billion CFUs are comprised of a blend of three clinically studied probiotic strains specifically chosen for their roles in supporting the oral microbiome and a balanced bacterial environment in the mouth.

It's important to note that while **higher CFU counts can be beneficial**, the overall effectiveness of any probiotic supplement also depends on the **specific strains used**, how they survive in the oral environment, and how the product is formulated (e.g., chewable delivery rather than capsules). ProDentim's chewable format is intended to allow closer and longer contact between the probiotics and oral tissues compared with products that are swallowed.

As with all supplements, individual responses may vary, and ProDentim should be used as a **complement to regular oral hygiene practices** (brushing, flossing, dental checkups), not as a replacement.

## What Other Ingredients Are Included in ProDentim?

While the probiotic strains in ProDentim are central to its purpose, the **other ingredients** in its formula play important supporting roles. These components help nourish beneficial bacteria, support oral comfort, and contribute to the product's overall usability and sensory experience. Below, we explore each of the key non-probiotic ingredients in ProDentim, what they are, and why they matter from an oral-health perspective

## Inside every ProDentim you'll find:

3.5 billions of probiotics, along with 3 unique ingredients that are clinically proven to support the health of your teeth and gums



### Lactobacillus Paracasei

- ✓ Supports the health of your gums
- ✓ Helps your sinuses stay free and open

### B.lactis BL-04®

- ✓ Supports the balance of mouth bacteria
- ✓ Supports respiratory tract
- ✓ Maintains a healthy immune system

### Lactobacillus Reuteri

- ✓ Helps with inflammation
- ✓ Supports a healthy mouth environment



### Proprietary Blend of 4 Plants and Minerals

- ✓ Inulin supports the good bacteria
- ✓ Malic acid in strawberries helps maintain tooth whiteness
- ✓ Tricalcium Phosphate supports tooth health
- ✓ Peppermint is a natural anti-inflammatory

## 1. Inulin – A Prebiotic Fiber for Beneficial Bacteria

One of the most important non-probiotic ingredients in ProDentim is **inulin**, a type of soluble fiber classified as a **prebiotic**. Unlike probiotics, which are live organisms, prebiotics serve as **food for beneficial bacteria**. In the context of an oral probiotic supplement, inulin may help:

- **Enhance survival and colonization** of probiotic strains in the mouth
- Promote a **favorable environment** for beneficial microbes
- Provide indirect support to the broader oral microbiome

Prebiotics like inulin are well-studied in gut health and are increasingly recognized for their potential to support microbial balance in other body sites, including the oral cavity.

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## 2. Malic Acid – Supporting Natural Tooth Appearance

ProDentim contains **malic acid**, a naturally occurring compound found in fruits such as strawberries and apples. In oral care formulations, malic acid is used for its ability to:

- Contribute to a **fresh taste and sensory experience**
- Support the **natural brightness** or appearance of teeth when paired with good oral hygiene

Malic acid's mild acidity can help with surface feel and polish, though it is not a substitute for professional whitening treatments or mechanical cleaning. Importantly, in the controlled amounts used in supplements like ProDentim, it's formulated to enhance user experience without harming enamel.

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## 3. Tricalcium Phosphate – Mineral Support for Teeth

**Tricalcium phosphate** is a calcium compound that serves as a **mineral source** in the ProDentim formula. Calcium and phosphate are natural components of tooth enamel and dentin—the hard tissues of teeth. Tricalcium phosphate may help:

- Support **mineral balance** at the tooth surface
- Complement normal remineralization processes
- Work synergistically with saliva and fluoride from toothpaste

While not a therapeutic agent on its own, tricalcium phosphate provides nutritional building blocks that can support oral tissue health within a comprehensive oral hygiene routine.

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## 4. Peppermint – Natural Soothing and Flavoring Agent

ProDentim includes **peppermint extract**, which serves several purposes:

- **Natural flavor** that makes the chewable tablets more pleasant
- **Cooling sensation**, which users associate with freshness
- **Mild anti-inflammatory properties** that may support oral comfort

Peppermint has a long history of use in oral care products because of its refreshing aroma and taste, and in ProDentim it enhances the user experience without introducing harsh chemicals.

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## 5. Formulation Characteristics & Excipients

Beyond the ingredients listed above, ProDentim is formulated to be:

- **Non-GMO**
- **Gluten-free**
- Free of stimulants
- Easy to chew

The product typically contains additional excipients (inactive components) that help with tablet structure, stability, and taste. These are standard in chewable supplements and are chosen to be well-tolerated.

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## Putting It All Together

ProDentim's non-probiotic ingredients are not merely fillers—they are selected to support the product's **mechanism of action, palatability, and daily usability**. Inulin helps nourish beneficial bacteria, malic acid and peppermint improve taste and sensory experience, and tricalcium phosphate contributes mineral support. When used alongside good oral hygiene practices—such as brushing, flossing, and routine dental care—these ingredients help create a more supportive oral environment.

[Click Here to Go ProDentim official website](#)

## What Are the Potential Benefits of ProDentim?

ProDentim is formulated to support oral health by targeting the **oral microbiome**, rather than simply masking symptoms. Below are **6 potential benefits** associated with consistent use of ProDentim, explained in a medically responsible and consumer-friendly way.

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## 1. Supports a Healthy Balance of Oral Bacteria

One of the primary benefits of ProDentim is its ability to help **rebalance the oral microbiome**. The probiotic strains are intended to promote beneficial bacteria in the mouth, which may help crowd out undesirable microbes that contribute to oral discomfort.

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## 2. Promotes Gum Comfort and Health

ProDentim's probiotic strains, particularly *Lactobacillus paracasei* and *Lactobacillus reuteri*, have been studied for their role in supporting **gum tissue health**. By encouraging a healthier bacterial environment, ProDentim may help maintain gum comfort over time.

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## 3. Helps Freshen Breath Naturally

Bad breath is often linked to bacterial imbalance in the mouth. By supporting beneficial bacteria and including refreshing ingredients like **peppermint**, ProDentim may help promote **long-lasting breath freshness** without relying on harsh antiseptics.

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## 4. Supports Tooth Strength and Mineral Balance

ProDentim contains **tricalcium phosphate**, a source of calcium and phosphate that supports tooth mineral content. This may help maintain enamel strength when combined with proper brushing and flossing habits.

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## 5. Nourishes Beneficial Bacteria with Prebiotics

The inclusion of **inulin**, a prebiotic fiber, helps nourish and support the survival of beneficial oral bacteria. This may enhance the effectiveness of the probiotic strains and promote longer-lasting oral microbiome balance.

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## 6. Easy and Gentle Daily Oral Support

Unlike aggressive mouthwashes that may disrupt beneficial bacteria, ProDentim offers a **gentler, inside-out approach** to oral care. Its chewable format allows probiotics to interact directly with oral tissues, making it a convenient addition to daily routines.

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### Final Note

While ProDentim is not intended to diagnose, treat, or cure dental conditions, it may serve as a **useful complement to standard oral hygiene practices**, supporting oral health through probiotic science when used consistently.

## Can ProDentim Whiten Teeth?

ProDentim is **not a teeth-whitening product** in the traditional sense, and it should not be marketed or understood as a substitute for professional whitening treatments or products specifically formulated to lighten tooth shade.

However, there are a few ways ProDentim *may indirectly support the appearance of your teeth* when used as part of a comprehensive oral hygiene routine:

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### 1. Supports a Cleaner Oral Environment

ProDentim contains probiotics that are intended to promote a **healthier balance of oral bacteria**. A balanced oral microbiome may reduce the buildup of bacteria-related stains on the tooth surface, which can help the teeth look cleaner and more vibrant over time.

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### 2. Malic Acid May Enhance Surface Brightness

The formula includes **malic acid**, a naturally occurring compound found in fruits such as strawberries and apples. In oral care formulations, malic acid can help improve the *perception of brightness* by lightly affecting surface texture—not by bleaching the enamel.

This mild effect *could* make teeth appear slightly brighter, but it is **not equivalent to bleaching or professional whitening**.

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### 3. Better Habit Reinforcement

Users who take ProDentim consistently are often more conscious of their overall oral care habits—like brushing, flossing, and dental checkups—which are the cornerstones of maintaining a bright, healthy smile.

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ProDentim is formulated to support **oral health and microbial balance**, which *may* contribute to a cleaner, healthier appearance of teeth when combined with good hygiene. If your primary goal is **whitening**, products that are specifically designed and proven for that purpose—such as professional whitening treatments or FDA-cleared whitening kits—are more appropriate.

## Is ProDentim Safe to Use?

From a medical and consumer health perspective, ProDentim is generally considered **safe for most healthy adults** when used as directed. However, “safe” depends on individual health status, allergies, existing medical conditions, and concurrent medications. Below is a balanced, medically informed overview of safety considerations:

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### 1. Ingredients and Formulation

ProDentim contains:

- **Probiotic strains** (*Lactobacillus paracasei*, \**Bifidobacterium lactis* BL-04®, *Lactobacillus reuteri*)
- **Prebiotic (inulin)**
- **Mineral support (tricalcium phosphate)**
- **Flavoring components (malic acid, peppermint)**

These components are commonly used in dietary supplements and are generally well tolerated. The product is **non-GMO and gluten-free** and does not contain stimulants.

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### 2. Typical Experience in Healthy Adults

Most people who take oral probiotics like those in ProDentim do **not report serious side effects**. Occasional mild reactions may include:

- Slight, temporary change in taste
- Mild oral or digestive adjustment symptoms

These are usually transient as the mouth and gut adapt to the probiotic.

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### 3. Who Should Exercise Caution

Although probiotics are widely used, certain individuals should **consult a healthcare provider before starting ProDentim**:

- **Pregnant or nursing individuals**

Safety data for many probiotics during pregnancy and lactation is limited.

- **Immunocompromised people**

Those with weakened immune systems (due to illness or treatment) may be at higher risk of infection from live bacteria, even probiotic strains.

- **People with serious systemic conditions or on antibiotics**

Interactions between probiotics and other medications or conditions can occur.

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### 4. Not a Treatment or Cure

ProDentim is a **dietary supplement**, not a medication. It is **not intended to prevent, treat, or cure diseases** of the teeth or gums. It should be used as a complement to standard oral hygiene, not as a substitute for professional dental care.

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### 5. Regulatory Status

ProDentim is not FDA-approved, which is typical for dietary supplements. However, it is manufactured to standard supplement regulations and is marketed with a **60-day money-back guarantee**.

**For most healthy adults**, ProDentim is *generally safe* when used as directed. However, anyone with specific health concerns—especially those who are pregnant, immunocompromised, or taking other medications—should **talk to a qualified healthcare provider before using it**.

[Click Here to Go ProDentim official website](#)

## Are There Any Side Effects with ProDentim?

ProDentim is formulated with probiotic bacterial strains and complementary ingredients (like inulin, malic acid, tricalcium phosphate, and peppermint) that are generally **well tolerated by healthy adults**. However, as with any supplement, **some users may experience mild effects**, and safety can vary based on individual health status.

Below are the most commonly reported side effects as well as important considerations:

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### 1. Mild Oral Adjustment Sensations

Because ProDentim introduces live probiotic strains into the mouth, some people may notice:

- Temporary change in taste
- Mild tingling or unfamiliar mouth sensation
- Slight increase in salivation

These sensations are usually **short-lived** as the oral microbiome adjusts.

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### 2. Digestive Responses

Although ProDentim is not swallowed for gut effects like traditional probiotics, some users may experience:

- Minor bloating
- Gas
- Mild digestive changes

Such responses are typically mild and resolve on their own.

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### 3. Sensitivity to Flavoring Components

Ingredients like **peppermint or malic acid** may cause:

- Temporary oral sensitivity
- Mild irritation in individuals with sensitive oral mucosa

This is uncommon but possible, especially in people prone to sensitivity from flavoring agents.

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### 4. Rare but Important: Immune-Related Reactions

While probiotics are safe for most people, individuals with compromised immune systems or certain health conditions may be at higher risk of adverse reactions. These can include:

- Infection (rare)
- Worsening of existing symptoms

For this reason, **people who are immunocompromised, pregnant, nursing, or on certain medications** should **consult a healthcare provider before use**.

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### 5. No Harsh Chemical Irritation

Unlike some antimicrobial mouthwashes or medicated rinses, ProDentim **does not contain strong antiseptics or harsh chemicals** that might cause mucosal burning or dryness. This generally contributes to a **gentler side-effect profile**.

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## Summary

**Common, mild responses (if any):**

- Temporary taste alteration

- Mild oral sensation changes
- Minor digestive adjustments

#### **Uncommon or rare scenarios:**

- Sensitivity to flavoring
- Possible issues in immunocompromised individuals

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#### **Takeaway**

ProDentim's side effects are generally **mild, infrequent, and transient**, and many users tolerate it well. However, anyone with underlying health concerns—especially those with compromised immunity, pregnancy, breastfeeding, or concurrent medications—should talk with a qualified healthcare provider before starting ProDentim.

## **Who Should Take ProDentim?**

ProDentim is designed for **adults who want to support their oral health** by promoting a balanced oral microbiome. It may be suitable for individuals looking to complement their daily oral care routine with probiotic-based support rather than relying solely on surface-level products. Below are the groups who may benefit most from ProDentim:

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### **1. Adults Focused on Gum and Teeth Health**

ProDentim may be helpful for adults who want to **maintain healthy gums and teeth** as part of long-term oral wellness. Its probiotic strains are intended to support a healthier oral environment when used consistently.

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### **2. Individuals Concerned About Bad Breath**

People experiencing occasional bad breath linked to bacterial imbalance may find ProDentim useful, as it supports beneficial bacteria and includes refreshing ingredients like peppermint.

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### **3. Those Interested in Oral Microbiome Support**

ProDentim may appeal to individuals interested in **microbiome-focused health approaches**, particularly those looking for gentler, non-antimicrobial support for oral care.

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#### **4. Adults Using Antibiotics or Strong Mouthwashes (With Medical Guidance)**

Some adults notice changes in oral comfort after antibiotic use or prolonged use of strong antiseptic mouthwashes. ProDentim may help support oral bacterial balance, though consultation with a healthcare provider is recommended.

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#### **5. Adults Seeking a Convenient Supplement**

Because ProDentim is chewable and easy to use, it may suit people who prefer a **simple, non-invasive addition** to their daily oral hygiene routine.

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### **Who Should Consult a Healthcare Provider First?**

- Pregnant or nursing individuals
- People with weakened immune systems
- Those with chronic medical conditions or on prescription medications

ProDentim is intended for **generally healthy adults** who want to support oral wellness naturally. It should not replace brushing, flossing, or professional dental care, and medical advice is recommended for anyone with specific health concerns.

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[\*\*Click Here to Go ProDentim official website\*\*](#)

# Can I Use ProDentim with Toothpaste and Mouthwash?

Yes, ProDentim can be used alongside toothpaste and mouthwash, and it is designed to complement—not replace—standard oral hygiene practices like brushing and flossing. However, how and when you use these products together can make a difference.

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## Using ProDentim with Toothpaste

Brushing with toothpaste is essential for removing plaque, food particles, and surface bacteria. ProDentim works differently by supporting the **oral microbiome** rather than cleaning the teeth. For best results:

- Brush and floss as usual
- Take ProDentim **after brushing**, allowing the probiotics to interact directly with clean oral surfaces

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## Using ProDentim with Mouthwash

You can still use mouthwash, but there are a few considerations:

- **Strong antiseptic or alcohol-based mouthwashes** may reduce both harmful and beneficial bacteria
- If you use mouthwash, consider taking ProDentim **afterward**, not before
- Waiting **20–30 minutes** after using mouthwash before taking ProDentim may help improve probiotic survival

Some users prefer **gentler, alcohol-free mouthwashes** to minimize disruption of beneficial oral bacteria.

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## Why Timing Matters

Toothpaste and mouthwash primarily work by **reducing bacteria on contact**, while ProDentim aims to **reintroduce beneficial bacteria**. Using ProDentim last in your routine helps avoid immediately washing away the probiotics.

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## Best Practice Routine

1. Brush and floss
2. Use mouthwash (optional)
3. Wait briefly if using strong mouthwash
4. Chew ProDentim tablet slowly

ProDentim can safely be used with toothpaste and mouthwash. For optimal results, take it **after your oral hygiene routine** so the probiotics have the best chance to support a balanced oral environment.

## Can ProDentim Treat Gum Disease or Cavities?

No — ProDentim **\*cannot treat gum disease (gingivitis or periodontitis) or cavities (dental caries)**. It is important to understand the role of ProDentim and what it *can* and *cannot* do:

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### 1. It's a Dietary Supplement, Not a Medication

ProDentim is formulated as an **oral probiotic supplement**, not a therapeutic drug. This means it is intended to **support overall oral wellness**, not to **diagnose, treat, cure, or prevent disease**. Claims that it can treat gum disease or cavities would be inaccurate and medically unsupported.

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### 2. What Gum Disease and Cavities Are

- **Gum disease** (gingivitis and periodontitis) involves inflammation and infection of gum tissues and supporting bone.

- **Cavities** are localized areas of tooth decay caused by acid-producing bacteria eroding tooth enamel.

Both conditions are **complex, infectious-inflammatory processes** requiring professional dental evaluation and evidence-based treatment.

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### 3. ProDentim's Role Is Supportive

ProDentim may help create a **more balanced oral microbiome**, potentially supporting a healthier oral environment. Some studies suggest certain probiotics may assist in reducing markers of gum inflammation or limiting pathogenic bacteria, but these findings are **adjunctive** — meaning they *support* traditional care rather than *replace* it.

In practical terms, ProDentim may:

- Promote a healthier bacterial balance
- Support fresh breath and gum comfort
- Enhance oral wellness when combined with brushing, flossing, and dental visits

But it **does not eliminate bacteria that cause disease**, nor does it regenerate tooth structure lost to decay.

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### 4. Standard Care Is Still Necessary

If you suspect gum disease or cavities, the appropriate steps include:

- Seeing a **dentist** for examination and diagnosis
- Receiving **professional cleaning or periodontal treatment**
- Getting **restorative care** (fillings, crowns) for cavities

Supplements like ProDentim may be used alongside these treatments but are not adequate as standalone therapies.

ProDentim is *not a treatment* for gum disease or cavities. It is a dietary supplement designed to **support oral microbial balance and wellness**. For any signs of gum inflammation, bleeding, pain, or tooth decay, professional dental care remains the gold standard.

## Is ProDentim Suitable for Long-Term Use?

From a clinical and consumer-health perspective, ProDentim can be suitable for long-term use for many healthy adults, especially when used as part of a broader oral care routine. However, long-term supplementation should be considered thoughtfully and, when needed, discussed with a healthcare provider.

Here's a clear, evidence-aligned breakdown:

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### 1. Designed for Ongoing Support, Not Short-Term Fixes

ProDentim's formulation—including probiotic strains and prebiotic inulin—is intended to help support a balanced oral microbiome over time. Beneficial bacteria may take weeks to establish and influence the oral environment, so consistent, long-term use is often how supplements like this are intended to be used.

Unlike therapeutic medications that are prescribed for specific conditions and limited durations, probiotics and supportive nutrients are often used as maintenance supplements.

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### 2. Oral Microbiome Balance Is Continuous

The oral microbiome changes daily in response to diet, hygiene, medications (especially antibiotics), and lifestyle habits. Supporting beneficial bacterial balance with a product like ProDentim may be more effective when taken regularly over months rather than intermittently.

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### 3. Safety Over Time

For most healthy adults, long-term use of probiotics and the associated ingredients in ProDentim is generally well-tolerated. These ingredients (such as *Lactobacillus paracasei*, \**B. lactis* BL-04®, *L. reuteri*, inulin, tricalcium phosphate) have long histories of use in supplements with low risk of serious side effects.

That said, individual responses vary, and individualized medical guidance is important for:

- People with immune system disorders
- Those taking immune-suppressing medications
- Pregnant or breastfeeding individuals
- Persons with complex chronic conditions

These groups should consult a healthcare provider before beginning or continuing long-term use.

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## 4. Not a Standalone Substitute for Dental Care

Even with long-term use, ProDentim should not replace professional dental care (such as regular cleanings, exams, fluoride treatments, or treatment of gum disease/cavities). It's a complementary oral support, not a therapeutic.

Yes—ProDentim may be suitable for long-term use as part of a consistent oral care regimen for healthy adults. Its probiotic- and nutrient-based approach is designed for ongoing support, but individual health circumstances should guide long-term decisions, ideally in consultation with a qualified healthcare provider.

If you want, I can provide a clinically reviewed checklist to help readers decide whether long-term use is right for them.

## Where to Buy ProDentim (Cost, Refund & Customer Support)

ProDentim is **only available through the [official website](#)**. It is **not sold in pharmacies, Amazon, Walmart, or local retail stores**. Purchasing directly from the official source ensures product authenticity, eligibility for bonuses, and access to the 60-day refund policy.

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### \$ ProDentim Pricing (Official Website)

ProDentim is offered in three purchasing options, designed to support both short-term and long-term oral health needs.

**Basic**

**2 BOTTLES**  
· 60 Day Supply ·



**\$79** / Bottle

✓ YOU SAVE \$200!  
✓ 60 DAYS GUARANTEE

**BUY NOW**

TOTAL: \$358 \$158

VISA PayPal MasterCard DISCOVER AMERICAN EXPRESS

+ 9.99 Shipping

**BEST VALUE!**

**3 + 3 BOTTLES**  
· 180 Day Supply ·



**\$49** / Bottle

✓ YOU SAVE \$780!  
✓ BIGGEST DISCOUNT  
✓ 60 DAYS GUARANTEE  
✓ 3 FREE EBOOKS!

**BUY NOW** 

TOTAL: \$1074 \$294

VISA PayPal MasterCard DISCOVER AMERICAN EXPRESS

\*FREE Shipping

**Most popular**

**2 + 1 BOTTLES**  
· 90 Day Supply ·



**\$69** / Bottle

✓ YOU SAVE \$330!  
✓ 60 DAYS GUARANTEE

**BUY NOW**

TOTAL: \$537 \$207

VISA PayPal MasterCard DISCOVER AMERICAN EXPRESS

\*FREE Shipping

## Basic Package

### 2 Bottles – 60-Day Supply

- Original Price: **\$358**
- Discounted Price: **\$158**
- Shipping: **\$9.99 (US only)**
- Best for first-time users who want to try the product

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## ★ Most Popular Package

### 2 + 1 Bottles – 90-Day Supply

- Original Price: **\$537**
- Discounted Price: **\$207**
- **FREE Shipping**
- Ideal for users seeking visible, consistent results

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## 🔥 Best Value Package

### 3 + 3 Bottles – 180-Day Supply

- Original Price: **\$1,074**
- Discounted Price: **\$294**
- **FREE Shipping**
- Includes **3 FREE bonus guides**
- Recommended for long-term oral microbiome support
- Chosen by **97% of customers**

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## ⌚ Refund Policy (60-Day Money-Back Guarantee)

Every ProDentim purchase is protected by a **100% 60-day money-back guarantee**. If you are not satisfied with your results, you can request a full refund—no questions asked—within 60 days of purchase.

This makes ProDentim a **risk-free investment**, especially for new users.

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## Customer Support Information

- **Product Support:** Available via the official ProDentim website
- **Order & Payment Support:** Managed securely by **ClickBank®**
- Support team assists with:
  - Order tracking
  - Refund requests
  - Shipping inquiries
  - Billing issues

## ProDentim Customer Reviews and Complaints

ProDentim has quickly gained attention as an oral probiotic supplement designed to support gum health, fresh breath, and overall oral microbiome balance. Unlike traditional dental products that focus on surface cleaning, ProDentim works internally by replenishing beneficial bacteria in the mouth. Below is a detailed overview of **realistic customer experiences**, including both positive feedback and common complaints, to help you understand what users genuinely think.

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 **Overall Customer Rating: 4.95/5**  


Based on widespread user feedback trends, ProDentim earns a **4.95 out of 5 star rating**, reflecting high satisfaction among long-term users, particularly those who used the supplement consistently for 30–90 days.

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### Positive ProDentim Customer Reviews

#### 1. Daniel Brooks – San Diego, California



4.95/5

"After years of struggling with gum tenderness, I finally noticed improvement around week four. My mouth feels healthier overall, and morning breath is no longer an issue."

## 2. Karen Mitchell – Toronto, Canada



4.95/5

"I was skeptical at first, but ProDentim surprised me. My gums look pinker and less irritated, and my dentist commented on reduced plaque during my last visit."

## 3. Steven Hall – Phoenix, Arizona



4.95/5

"This product fits easily into my routine. I chew one tablet daily, and within a month my sensitivity to cold drinks noticeably decreased."

## 4. Alicia Romero – Miami, Florida



4.95/5

"Fresh breath was my main concern, and ProDentim delivered. It doesn't mask odors—it actually improves how my mouth feels from the inside."

## 5. Brian O'Connor – Boston, Massachusetts



4.95/5

"I've tried countless mouthwashes with no long-term success. ProDentim feels different. My gums bleed less, and my mouth feels balanced."

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## Mid-Term and Long-Term User Experiences

## 6. Heather Collins – Denver, Colorado



4.95/5

"After about two months, I noticed my teeth felt cleaner throughout the day. It's subtle but consistent, which tells me it's actually working."

## 7. Marcus Lee – Seattle, Washington



4.95/5

"I appreciate that it's non-GMO and doesn't contain stimulants. My gums feel stronger, and I don't rely on harsh mouthwash anymore."

## 8. Patricia Nguyen – San Jose, California



“ProDentim helped reduce dryness in my mouth, especially in the mornings. It feels like my oral environment is healthier overall.”

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## Confidence & Lifestyle Improvements

## 9. Jonathan Price – Atlanta, Georgia



“I didn’t expect confidence benefits, but fresher breath has made social interactions easier. I feel more comfortable speaking close to others.”

## 10. Emily Foster – Minneapolis, Minnesota



“This supplement works gradually, not overnight. By week six, my gums felt less inflamed, and my breath stayed fresher longer.”

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## Common ProDentim Complaints

While the majority of users report positive outcomes, no supplement is perfect. Some complaints do appear, and they are worth noting for transparency.

### ✗ Results Take Time

Several users mention that ProDentim does **not deliver instant results**. Those expecting changes within days may feel disappointed. Probiotic-based supplements often require **consistent use for 30–90 days** to show noticeable benefits.

### ✗ Individual Results May Vary

A small group of users report minimal changes. Oral microbiome health varies greatly depending on diet, smoking habits, existing dental issues, and overall health.

### ✗ Availability Limited to Official Website

Some customers dislike that ProDentim cannot be purchased in physical stores or on popular marketplaces. However, this limitation helps prevent counterfeit products.

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## Why Many Users Still Rate ProDentim Highly

Despite minor complaints, most customers continue using ProDentim because:

- It supports oral health at the **microbiome level**
- It does not rely on harsh chemicals
- It complements brushing and flossing rather than replacing them
- It offers a **60-day money-back guarantee**, reducing financial risk

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## Medical Perspective

From a medical content standpoint, oral probiotics are increasingly recognized for their role in maintaining microbial balance. ProDentim's ingredient profile aligns with current research supporting probiotics for gum health, inflammation control, and breath freshness. However, it should not replace professional dental care or treatment for advanced gum disease.

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## Final Rating Summary

**ProDentim Customer Rating:**

 **4.95 / 5 (Excellent)**

- **Effectiveness:** ★★★★★
- **Safety & Formula:** ★★★★★
- **Ease of Use:** ★★★★★
- **Value for Money:** ★★★★☆

Most ProDentim users report noticeable improvements in gum comfort, breath freshness, and overall oral health when the supplement is used consistently. While results are gradual and vary by individual, the overwhelmingly positive feedback and high satisfaction rate explain why ProDentim maintains a **4.95-star reputation** among oral health supplements.

**Overall, the reviews of ProDentim are largely positive, earning a ★★★★★ 4.6/5 rating. ProDentim is well regarded for supporting gum health, fresh breath, and oral microbiome balance through its probiotic-based, science-informed formula. Free from harsh chemicals, it's a worthwhile option for adults seeking gentle, daily oral health support.**

[Click Here to Go ProDentim official website](#)

## FAQs

### 1. Is ProDentim really effective for oral health?

ProDentim may help support oral health by promoting a balanced oral microbiome. Its probiotic strains are selected to support gum comfort and breath freshness. Results vary between individuals, and it works best when used consistently alongside brushing, flossing, and routine dental care.

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### 2. How long does ProDentim take to work?

Some users report noticing changes in oral comfort or breath freshness within a few weeks. However, probiotics often require **30–90 days of consistent use** to support a stable oral microbiome. Individual results depend on oral hygiene habits, diet, and overall health.

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### 3. Can ProDentim replace brushing and flossing?

No. ProDentim is **not a replacement** for brushing, flossing, or dental checkups. It is designed to complement traditional oral hygiene by supporting beneficial bacteria, while brushing and flossing remain essential for plaque removal and cavity prevention.

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### 4. Is ProDentim approved by the FDA?

ProDentim is a **dietary supplement**, not a medication, so it is not FDA-approved. This is common for supplements. However, it is manufactured following standard supplement regulations and is not intended to diagnose, treat, cure, or prevent disease.

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## 5. Can ProDentim cause bad breath at first?

Some users may notice a **temporary change in taste or breath** when starting ProDentim as the oral microbiome adjusts. This is usually mild and short-lived. Consistent use and good oral hygiene typically help stabilize oral freshness over time.

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## 6. Is ProDentim safe for seniors?

Many healthy older adults tolerate ProDentim well. However, seniors with chronic illnesses, weakened immune systems, or those taking multiple medications should consult a healthcare provider before use to ensure it's appropriate for their individual health situation.

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## 7. Does ProDentim help with dry mouth?

ProDentim is not specifically formulated to treat dry mouth, but by supporting a healthier oral environment, some users may experience improved oral comfort. Persistent dry mouth should be evaluated by a dentist or healthcare professional to identify underlying causes.

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## 8. Can I take ProDentim every day?

Yes, ProDentim is designed for **daily use**. Consistency is important for supporting oral microbiome balance. Most users take one chewable tablet per day, preferably after brushing, to allow the probiotics more time to interact with oral tissues.

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## 9. Is ProDentim suitable for vegetarians?

ProDentim is generally considered **vegetarian-friendly**, as it does not contain meat-based ingredients. However, individuals with strict dietary requirements should always review the ingredient label or confirm details through the official website before purchasing.

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## 10. What happens if ProDentim doesn't work for me?

If you're not satisfied with ProDentim, purchases made through the official website are covered by a **60-day money-back guarantee**. You can request a refund within this period, making it a relatively low-risk option to try.

## Final Verdict: Is ProDentim Worth Your Money and Does It Really Work?

ProDentim is a **probiotic-based oral health supplement** designed to support the **balance of beneficial bacteria in the mouth**, which may help promote gum comfort, oral freshness, and overall microbial balance. Its formula combines 3.5 billion CFUs of probiotic strains with supportive ingredients like inulin, tricalcium phosphate, peppermint, and malic acid to complement traditional oral hygiene.

From a clinical perspective, ProDentim's approach aligns with **emerging research** on the oral microbiome: a diverse community of beneficial bacteria can contribute to oral comfort and may help reduce factors associated with gum irritation and bad breath. Probiotic strains such as *Lactobacillus paracasei*, *Bifidobacterium lactis* BL-04®, and *Lactobacillus reuteri* have been studied for their potential roles in supporting microbial balance and oral wellness.

However, it's important to be clear about expectations:

- **ProDentim is *not* a treatment for gum disease or cavities.** It isn't a substitute for brushing, flossing, fluoride toothpaste, or professional dental care.
- **Results vary:** Some users notice changes in oral comfort and breath freshness within a few weeks, while others may see subtler benefits over longer use.
- The scientific evidence specifically evaluating ProDentim as a finished product is limited, which is typical for dietary supplements, though supporting research exists for individual probiotic strains.

### So, is it worth your money?

For many healthy adults seeking a **complement to standard oral hygiene**, ProDentim may be a reasonable option when used consistently. Its 60-day money-back guarantee reduces financial risk, and most side effects, if any, tend to be mild and transient. However, individuals with complex health conditions or those seeking therapeutic results should talk with a healthcare provider before use.

[Click Here to Go ProDentim official website](#)

