



## The Bad Breath Bible - FREE!

Learn the TRUTH about bad breath and halitosis!

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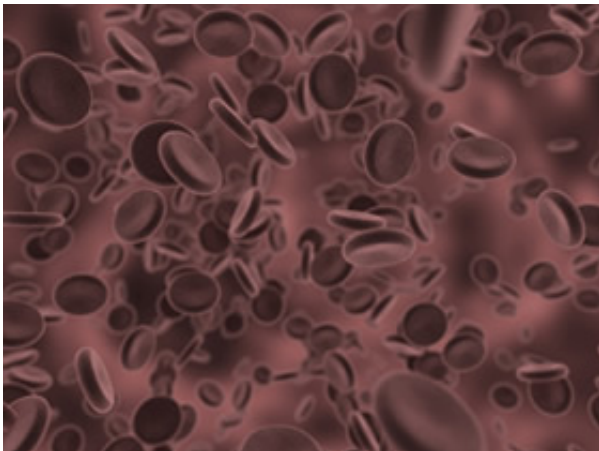
# PROBIOTICS MAY HELP BAD BREATH SUFFERERS

By [Dr. Harold Katz](#) - Bad Breath Expert

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**SUMMARY:** The mouth is full of many varieties of bacteria at all times. Some of these microbes are helpful and aid in breaking down food. However, others are less beneficial, and can lead to embarrassing conditions like bad breath.

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The mouth is full of many varieties of bacteria at all times. Some of these microbes are helpful and aid in breaking down food. However, others are less beneficial, and can lead to embarrassing conditions like [bad breath](#).

Oral health products that contain [probiotics](#) may be able to help individuals keep the balance of microbes in their mouth in check. Probiotics are living organisms that have beneficial properties and can even reduce the amount of harmful oral bacteria.

Jeffrey Hillman, a Florida-based oral health researcher, said that he has conducted a study that shows the benefits of probiotics in dental care.

"In addition to helping maintain a healthy balance of bacteria on tooth and gingival surfaces, oral care products containing [probiotics] have further been shown to gradually whiten dental surfaces due the natural production of low levels of hydrogen peroxide by these strains, and to help to freshen breath by suppressing the oral bacterial species associated with malodor," he said.