

# QUICK QUIZ

## For Romantics: A Breath Primer

(NAPSA)—Love may endure for a breath, as the poet Algernon Charles Swinburne said, but romantics interested in sweet breath may want more. This short quiz may help romantics everywhere clear the air about the delicate subject of bad breath.

1. Most bad breath originates in the stomach (a) True (b) False?
2. What you eat can affect the air you exhale (a) True (b) False?
3. Most people spend less than 40 seconds brushing (a) True (b) False?
4. Germs can be responsible for bad breath that originates in the mouth (a) True (b) False?

### ANSWERS

1. (b) False. Approximately 85 percent of bad breath originates in the mouth, including the lips, teeth, gums, tongue, taste buds and palate.
2. (a) True. Certain foods, such as garlic and onions, contribute to bad breath. Once the food is absorbed into the bloodstream, it is transferred to the lungs, where it is expelled.
3. (a) True. It takes one to two minutes to adequately brush your teeth.
4. (a) True. It is estimated that over 400 different types of bacteria live in our mouths. These bacteria feed on bits of food left on our teeth and tongue after meals. This feasting produces volatile sulfur compounds which give breath its foul smell.



**Murmuring sweet nothings may be all the sweeter with a tiny strip designed to kill germs that cause bad breath.**

A new product has been developed to combat bad breath caused by germs in the mouth. Cool Mint Listerine PocketPaks™ oral care strips are transparent, ultra thin strips about the size of a postage stamp that contain the germ killing ingredients found in Listerine Mouthwash. Each tiny strip dissolves instantly on the tongue, killing 99.9 percent of odor causing germs for a long lasting clean mouth feeling.

Breath problems have been recorded as far back as 1550 B.C. Ancient remedies to reduce bad breath have included everything from chewing cloves to eating parsley.

Contrary to popular belief, a person cannot tell whether or not they have bad breath. An effective way to check is to simply ask a trusted friend or family member.