



Oral Care Q&A

How does tooth decay happen?

Tooth decay begins when teeth are not cleaned properly after eating. In just minutes, plaque bacteria begin converting sugar and starch particles into harmful acids that attack tooth enamel. Within 24 hours, plaque can harden to form tartar, which can only be removed by a professional. Prevent tooth decay and gum problems by cleaning away plaque at the gum line each day.

What is plaque?

Plaque is a sticky film made up of certain types of bacteria naturally found in the mouth. Plaque forms on the teeth and produces acids that dissolve the tooth enamel. If it is not removed within hours, plaque hardens into tartar, which only a dentist can remove.

What can I do to help prevent cavities?

There are a couple of things you can do. A nutritious diet is important, and you should limit sugary foods. And be sure to brush at least twice a day with fluoride toothpaste and floss once a day. Brushing in the morning, at night and after every meal is recommended.

Does fluoride help prevent cavities?

Yes, it does! Fluoride is a natural mineral that helps to safely strengthen tooth enamel and prevent cavities. Fluoride is present in drinking water in many countries, and it is included in many toothpastes, gels and rinses — including Glister™ Multi-Action Toothpaste.

What is gum problem?

Gum problem is a tenderness or lack of hygiene of the gums and bone that surround and support the teeth. It is caused by the bacteria in plaque and is the major cause of tooth loss in adults.

What is gingivitis?

Gingivitis is the early stage of gum disease caused by plaque and tartar buildup at the gumline. Gingivitis causes the gums to get red and puffy. You may also notice some bleeding during brushing and flossing. The bones and ligaments holding your teeth in place are not affected. With treatment, gingivitis can be reversed.

Do I have to worry about gum problems?

While many adults suffer from gum problems, diligent oral hygiene can significantly reduce the risk. That's important because advanced gum problem accounts for more tooth loss than tooth decay. There are three basic stages of gum problems:

1. Gingivitis: red, puffy gums that may bleed when brushing and flossing.
2. Receding gums: gums separate from teeth and start to recede.
3. Advanced Receding Gum Problems: gums recede further, teeth may shift or loosen, and, in extreme cases, have to be removed.

Symptoms of gum problems may include unpleasant taste in the mouth, bad breath, loose teeth, and teeth and gums that ache when eating hot, cold, or sweet food. If you experience any of these symptoms lasting for four days or more, check with your dental care provider.

NOTE: The purpose of this content is to provide understanding and knowledge about general oral health topics. It does not provide professional advice, diagnosis or treatment. Always seek the advice of your dentist or other qualified healthcare provider with any questions about a medical condition or treatment.



How does oral health affect overall health?

Your body's overall health is affected by the health of many different areas and systems within the body, including the heart and circulatory system, the skeleton and muscles, the skin, and of course, the mouth. That's why we say oral health is a key part of overall health.

In addition, research suggests that periodontal disease (gum disease) may lead to other health concerns, possibly because of links to inflammatory proteins that circulate throughout the body and may even lead to increased risk of heart attack or stroke.*

In other words, the mouth acts as a gateway with powerful links to human health.

What can I do about bad breath?

Good oral hygiene is essential to reducing bad breath. Brush thoroughly to remove plaque and food particles that can cause bacteria. Rinse between brushing with a refreshing mouthwash or freshen up anytime with a breath spray.

What causes tooth stains?

Smoking, and drinking large amounts of coffee, tea and soda can leave stains on your teeth. Watch out for diet sodas, too. Even though they contain no cavity-causing sugar, they still contain acids that can damage tooth enamel.

What is oral microbiome?

Oral microbiome encompasses your entire mouth, teeth, gums, saliva, and tongue, the microorganisms that call that home, and the food you eat and drink



Glister™ Oral Care System Q&A

What is Glister™ Oral Care Solution?

The Glister™ Oral Care System is our holistic oral health solution for healthy teeth and gums, and a balanced oral microbiome. It consists of a set of Glister™ products that are safe, gentle and effective — even more when you use them consistently as part of the complete solution.

What are the benefits of Glister™ Oral Care Solution?

Glister™ products are the guardians of the body's gateway. They support whole-mouth health when used together in our simple 3-Step Solution: Cleaner, whiter, stronger teeth. Healthier gums. Fresher breath.

Why Glister™ offers a 3 steps solution?

It's an easy-to-use, easy-to-love system that combines proven-effective ingredients with fresh, minty, Plant-Based Goodness™ botanical flavors the whole family will enjoy using. With Glister™ products, oral health becomes an easy, enjoyable habit to get into and maintain – playing a key role in your overall health.

What are the 3 steps of Glister™ Oral Care Solution?

1. Brush with Glister™ Multi-Action Toothpaste and Toothbrush
2. Floss with Glister™ Multi-Action Dental Floss
3. Rinse with Glister™ Multi-Action Oral Rinse or Glister™ Multi-Action Mouthwash with Aloe



Where I can find all available assets on Glister™ Oral Care Solution?

We want to give you all the support you need to promote the Glister™ Oral Care System.

All communication materials to be added with download option under “Useful materials & learnings” carousel in Product Description on Amway online.

For that reason, we created a series of assets to boost your knowledge on oral care:

- Glister™ 3-steps video
- Educational Whatsapp Tile

Find out more on Glister™ Oral Care System with additional assets:

- Brand video
- Customer Flyer
- Product Whatsapp Tile
- Brand PPT



Product Q&A

Glister™ Multi-Action Toothpaste

How has the new Toothpaste been improved?

We kept the mild and effective toothpaste formula you know and love, removed parabens, and added a flavor blend enhanced Nutrilite™-certified peppermint. The packaging has been refreshed and updated with a flip-top cap.

What are the naturally-derived ingredients contained in the Glister™ Multi-Action Toothpaste?

INGREDIENT	FUNCTION	DERIVED FROM
Water	Solvent	Surface Water/Ground Water
Sorbitol	Sweetener	Corn
Hydrated Silica	Polishing Agent	Sand
Glycerin	Humectant	Vegetable Oil
Cellulose Gum	Viscosity Increasing Agent	Trees
Essential Oils in Flavor	Flavoring Agent	Wild Mint , Peppermint, Spearmintand Eucalyptus
Titanium Dioxide (CI 77891)	Colorant	Mineral
Xanthan Gum	Thickening Agent	Fermented from grains

See product label for full ingredient list

Why is the Glister™ Multi-Action Toothpaste orifice bigger than the old one?

The orifice with the flip-top cap of the new Glister™ Toothpaste is a little larger compared with the previous one to make it compatible with the particular closure developed for the tube.



Why should I use Glister™ Multi-Action Toothpaste?

Glister™ toothpaste is a well-balanced formula for the whole family. It has been quality-manufactured to ensure effective, yet enamel safe, cleaning and polishing of teeth. It is fully tested to ensure effectiveness in reduction of cavities and fluoride supply to the teeth.

How does Glister™ Multi-Action Toothpaste whiten teeth?

The main whitening action in Glister™ toothpaste is physical cleaning and polishing of stains from the tooth surface.

Does Glister™ Multi-Action Toothpaste help remove plaque?

Yes, regular brushing with Glister™ toothpaste removes plaque and thus helps minimize buildup on teeth. Glister™ toothpaste was clinically tested at a major university's oral care research facility and proven to help remove plaque with regular brushing.

Does Glister™ Multi-Action Toothpaste contain bleach?

No, Glister™ toothpaste does not contain chemical bleaches.

Does Glister™ Multi-Action Toothpaste work on sensitive teeth?

Glister™ toothpaste will effectively clean all teeth and help protect against dental cavities. However, it is not specially formulated for people with sensitive teeth. If you have sensitive teeth, you must see a dentist for proper treatment.

Does Glister™ Multi-Action Toothpaste contain fluoride?

Yes, Glister™ toothpaste contains the legally regulated and required amount of fluoride (950ppm or 0.095% Fluoride ions*) — a non-toxic, safe level. Fluoride has been clinically shown to prevent and safely reduce cavities in hundreds of clinical studies. Topically applied fluoride is incorporated into the surface of teeth, making them more decay-resistant. This is referred to as “remineralization.”

Research has shown that fluoride performs three very important functions:

- 1.** It strengthens teeth by reducing the solubility of enamel in acid (by converting hydroxyapatite into less soluble fluorapatite).
- 2.** It slows tooth decay by reducing the ability of plaque bacteria to produce acid.
- 3.** It repairs teeth by promoting the remineralization of tooth enamel in areas that have been demineralized by acids.

Does Glister™ Multi-Action Toothpaste contain sugar?

No. Glister™ toothpaste is sweetened with sorbitol, xylitol and saccharin.

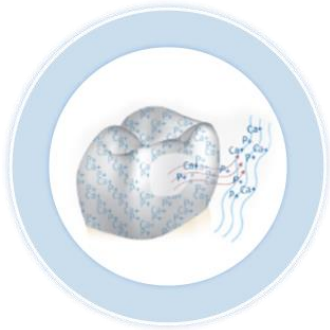
*Fluoride toothpastes and fluoride mouthrinses for home use - Acta Medica Academica 2013;42(2):168-178
DOI: 10.5644/ama2006-124.84. Andrew Rugg-Gunn1, Jolan Banoczy2. 1School of Dental Sciences, Newcastle University, UK, 2Department of Oral Biology, Semmelweis University, Budapest, Hungary



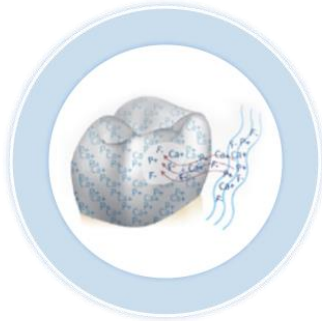
What is Reminact™ Action?

Even with proper oral care, acids in plaque can strip key minerals away from tooth enamel, weakening its protective ability and starting down the road to tooth decay. This process is known as demineralization.

The fluoride in toothpaste helps reverse these effects and restore tooth enamel, a process we refer to as Reminact™ Action. This process promotes the re mineralization of tooth enamel — helping redeposit essential minerals onto the enamel, making teeth stronger and more resistant to decay



Demineralization



Remineralization



Healthy Tooth



Product Q&A

Glitter Multi-Action Toothbrush In Soft or Medium Bristle

How long do I need to brush?

Although most people spend barely even a minute, dentists recommend brushing at least 2 minutes to do a thorough job.

How often should I change my toothbrush?

Toothbrushes should be replaced every 3 months, or sooner if they become frayed or worn. Toothbrushes that are worn do not work as well as new toothbrushes, and they can harbor bacteria, too.

Why do we offer both a soft and a medium bristle option?

The ADA (American Dental Association) and similar groups in other countries recommend the use of a soft bristle brush. However, bristle stiffness is a matter of personal preference, and Glister™ brand has many customers who love their medium brushes. Whichever you prefer, Glister™ Multi-Action Toothbrushes are safe and effective options for interdental cleaning, plaque removal and gum massage.

What are the bristles made of, and will the color fade?

The bristles are made of nylon. The particular nylon used is approved for use in food contact applications. The colorants used in the bristles are approved for use in materials for food contact. The bristles will not fade during use. The brushes are crafted with multi-height nylon bristles. In-mold technology provides approximately 35% more filaments on a thinner head than a traditional anchor toothbrush. The thinner head and additional filaments provide effective cleaning of hard to reach places.



In mold Technology



Anchor Tecnology

How is the new toothbrush been updated?

- The Glister™ Multi-Action Toothbrush now comes with tongue/cheek cleaner on the back of the brush head which provides a healthier clean for the whole mouth — and removes more bacteria — than standard toothbrushing alone.
- A flexible neck on the handle helps absorb excess pressure to ensure the gums get a gentler clean.
- The handle has a comfortable, secure grip for maximum control.
- Fresh packaging, plus two bristle choices: Soft or Medium.

How many toothbrushes are available in each packaging?

There are 4 brushes per package (each a different color).



Product Q&A

Glister™ Multi-Action Dental Floss

Why should I use Glister™ Multi-Action Dental Floss?

Flossing is a vital part of your oral care routine. If you do not floss, you could be leaving some of your tooth surfaces uncleaned. In addition, using floss daily promotes healthy gums and enhances overall oral health.

Why is Glister™ Multi-Action Dental Floss flat?

While floss comes in a variety of shapes, the Glister™ team selected the flat tape because it is ideal for a wide variety of users. It slips easily between even tightly spaced teeth, resists shredding, and is easy to control and guide inside the mouth.

How often should I use Glister™ Multi-Action Dental Floss?

Dental experts recommend that you floss at least once a day, after brushing. You can also floss after meals or anytime you feel it is necessary.

Why isn't the Glister™ Multi-Action dental floss vegan?

The Glister™ Multi-Action Dental floss is not vegan, as it has a beeswax coated ribbon.



Product Q&A

Glister™ Multi-Action Oral Rinse

Does Glister™ Multi-Action Oral Rinse help reduce plaques?

Glister™ Multi-Action Oral Rinse has been proven to reduce plaque formation. Glister™ Multi-Action Oral Rinse contains CPC (Cetylpyridinium Chloride), which is a proven plaque-fighting ingredient. Also, Glister™ Oral Rinse helps clean-between the teeth.

Should I dilute Glister™ Multi-Action Oral Rinse with water?

Yes! Glister™ Oral Rinse is a highly concentrated formula. By diluting according to the directions, you will get up to 100 uses per bottle.

What's new in the Glister™ Multi-Action Oral Rinse product?

Still concentrated and effective, with all the great benefits you know and love!

- Now alcohol-free and dye-free.
- Flavor blend enhanced Nutrilite™-certified peppermint.
- User-friendly packaging design — with a new integrated mixing-cup cap and an improved pump.

The Glister™ Multi-Action Oral Rinse formula is now:

- Alcohol-free
- Free of dyes/artificial colors
- Peroxide-free
- Sugar-free
- Free of parabens
- Free of SLS
- Free of animal-derived ingredients



What are the naturally-derived ingredients included in the Glister™ Multi-Action Oral Rinse formula?

INGREDIENT	FUNCTION	DERIVED FROM
Water	Solvent	Surface Water/Ground Water
Glycerin	Humectant	Vegetable Oil
Essential Oils in Flavor	Flavoring Agent	Peppermint, Cloves, Basil, Cinnamon and Ginger
Citric Acid	pH Adjuster	Corn

See product label for full ingredient list.



Product Q&A

Glister™ Multi-Action Mouthwash With Aloe

Does Glister™ Multi-Action Mouthwash help reduce plaques?

Glister™ Multi-Action Mouthwash has been proven to reduce plaque formation. Glister™ Multi-Action Mouthwash contains CPC (Cetylpyridinium Chloride), which is a proven plaque-fighting ingredient. Also, Glister™ Mouthwash helps clean- between the teeth.

Should I dilute Glister™ Multi-Action Mouthwash with Aloe?

No, you should not. Glister™ Multi-Action Mouthwash with Aloe is a convenient, ready-to-use formula. Simply fill the cap to the dosage line and start rinsing!

Does Glister™ Multi-Action Mouthwash prevent gum problems?

When used as part of the 3-step Glister™ Oral Care System, Glister™ Multi-Action Mouthwash with Aloe helps support healthy gums.

What are the main features of this new product?

- This ready-to-use mouthwash is a first for Glister™ Oral Care.
- Natural sweetener: erythritol
- New ingredient: Aloe vera to help soothe and reduce irritation.
- Microbiome-friendly.
- Flavor blend enhanced Nutrilite™-certified peppermint.



Does the Glister™ Multi-Action Mouthwash with Aloe have a gentle formula?

The Glister™ Multi-Action Mouthwash with Aloe formula is:

- Alcohol-free
- Free of dyes/artificial colors
- Peroxide-free
- Sugar-free
- Free of parabens
- Free of SLS.
- Free of animal-derived ingredients

What are the naturally-derived ingredients included in the Glister™ Multi-Action Mouthwash formula?

INGREDIENT	FUNCTION	DERIVED FROM
Water	Solvent	Surface Water/Ground Water
Glycerin	Humectant	Vegetable Oils
Erythritol	Sweetener	Corn
Essential Oils in Flavor	Flavoring Agent	Peppermint, Wild Mint, Eucalyptus, Cloves, Basil and Cinnamon
Aloe Barbadensis Leaf Juice	Skin Conditioning Agent/ Soothing Agent	Aloe Vera leaves
Citric Acid	pH Adjuster	Corn

See product label for full ingredient list



Product Q&A

Glister™ Mint Refresher Spray

Does Glister™ Mint Refresher Spray contain alcohol?

Yes, it contains ethyl alcohol to help dissolve ingredients.

Is Glister™ Mint Refresher Spray safe to swallow?

Glister™ Mint Refresher Spray is designed for oral use and is safe to swallow. If it is sprayed in the eye, flush the eye with water.

How much Glister™ Mint Refresher Spray should I use at one time?

We've designed the packaging so that each spray of Glister™ Mint Refresher Spray delivers just the right amount of freshness for your whole mouth. One pump is all you need.

What's new in the Glister™ Mint Refresher Spay product?

- Still fast and effective, with all the great benefits you know and love!
- Flavor blend enhanced Nutrilite™-certified peppermint.
- Fresh packaging design.

The Glister™ Mint Refresher Spray formula is:

- Non-aerosol
- Free of dyes/artificial colors
- Sugar-free
- Free of parabens
- Free of animal-derived ingredients

What are the naturally-derived ingredients contained in the Glister™ Mint Refresher Spray?

INGREDIENT	FUNCTION	DERIVED FROM
Denatured Alcohol	Solvent	Corn
Glycerin	Humectant	Corn
Essential Oils in Flavor	Flavoring Agent	Peppermint, Spearmint, Anise, Fennel and Cinnamon
Water	Solvent	Surface Water/Ground Water
Menthol	Flavoring Agent	Mint leaf extract

See product label for full ingredient list



Traceability Q&A

What are the details of Glister™ brand traceability?

Every detail matters to ensure our products are safe, better for the planet and do what we promise. Glister™ brand traceability lets you know the inside details of creating our products so you can feel good about using them.

- We document the science behind our formulas, including why the ingredients were chosen and the benefits they deliver.
- We consciously choose familiar plant ingredients and other ingredients that have meaningful benefits and document that they are sustainably grown and processed.
- We trace our Nutrilite™-grown peppermint to the farm where the plants were ethically grown using sustainable and regenerative practices that protect Earth's resources. We document who cares for the crops and how, and the details of the harvesting, drying, storage, transportation and extraction or distillation process.
- Even non-botanical ingredient suppliers must meet our requirements for tracing detailed documentation all the way back through their raw material supplier, as well as our rigorous quality standards for manufacturing excellence, safety testing, cleanliness, storage and handling.
- We verify that each manufacturing step meets our quality standards. We keep a record of who performs each step and when they do it. We require our trusted manufacturing partners to document for traceability, too.
- We test relentlessly. From the raw ingredient testing through finished product testing, Glister™ products have more than 250 tests and checks performed.
- We make and document thoughtful choices about packaging, preferring responsibly sourced packaging materials that ensure the quality of your products and your user experience are never compromised.



Why should I choose a traceable product over one that is simply labeled “all natural,” “organic” or “contains botanicals”?

If you want peace of mind that the oral hygiene products you use help you live responsibly, you need more than just a description like natural toothpaste or mouthwash contains botanicals. Traceability provides the proof you need that a product meets your expectations for safe, effective, responsibly sourced products. Traceable details about where the ingredients come from, how they're used in the product, what is done.

How is the peppermint in Glister™ products created sustainable?

Here are some things you should know about the sustainability of the Nutrilite™-grown peppermint that contributes to the flavor blend in Glister™:

- **Protect the Earth:** Our Nutrilite™-grown peppermint comes from a sustainable, certified organic farm, where, instead of using harsh chemicals, the farmers use nature to manage nature – like using organic compost from leftover plant material, mechanical or hand-weeding and good bugs to control damaging pests.
- **Protect the people:** Nutrilite™ crops are ethically produced, with care for the health and welfare of our employees and our surrounding communities. We and our partner farms are dedicated to good working conditions and fair wages, and to supporting community programs that contribute to local quality of life.
- **Protect our resources:** Caring for earth's resources is a top priority at Nutrilite™ farms – they are dedicated to further incorporating regenerative practices that build up healthy soil, increase biodiversity and conserve water, and we encourage our partner farms to do the same.

How is Glister™ packaging responsibly made?

The paper used to manufacture Glister™ cartons in Ada, Michigan, U.S.A., is sourced from sustainably managed forests practicing responsible forest management,¹ and cartons are recyclable.²

What is a birth certificate?

A birth certificate is the documentation that details a crop's life from the seed to extraction. Every Nutrilite™-grown botanical ingredient comes with a birth certificate to document its purity and sustainable origins.

¹ Claims apply to Ada produced product only.

² Paper packaging recyclable where appropriate facilities exist. Check locally.

* Based on 2021 data for Ada, Michigan, U.S.A.

NOTE: Prior to use, each affiliate must first review for market-specific legal and regulatory acceptability.