

Alternatives to dental floss

What Are the 9 Best Alternatives to Dental Floss?

Make your dental care routine more sustainable with these 11 zero waste floss brands and eco-friendly floss alternatives.

According to the American Dental Association, we should be flossing our teeth once a day to remove plaque and food particles.

While conventional floss is an amazing product that helps us maintain good dental hygiene, it's also very unsustainable.

It's a single-use product made of plastic that also contains lots of harmful chemicals.

So, should we sacrifice our dental hygiene because conventional floss is not great for the environment and our overall health?

In this article, I share with you 11 zero waste floss brands and eco-friendly floss alternatives.

Thanks to them, you'll be able to keep your teeth and gums healthy without harming the environment!

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Conventional floss is usually made from nylon, a petroleum-based material.

In the meantime, it will pollute the local environment and potentially harm wildlife.

Not only that but since it's made from petroleum, using conventional floss supports the oil industry, which contributes to pollution and climate change.

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