Aim
To examine the clinical efficacy and safety of the elmex® interX MEDIUM toothbrush

Trial conditions

Products under investigation
• elmex® interX MEDIUM toothbrush
• control toothbrush with flat bristle profile (ADA-accepted)

Participants
112 healthy adults that had their teeth professionally cleaned by a dental hygienist prior to the study.

Methodology
Single-blind, one month clinical evaluation.
The following indices were assessed: Plaque Index (Turesky); Gingivitis Index (Löe and Silness); Gingival Bleeding Index (Eastman); Staining Index (Lobene).
Plaque Indices were analysed according to the t-test, all other indices according to the Mann Whitney test.

Trial
Participants were divided into 4 groups of 28 subjects each.

A) elmex® interX MEDIUM toothbrush plus oral hygiene instructions
B) elmex® interX MEDIUM toothbrush, no additional oral hygiene instructions
C) control toothbrush plus oral hygiene instructions
D) control toothbrush, no additional oral hygiene instructions

Subjects were instructed to brush their teeth at least twice daily, using only the assigned toothbrush and elmex® anti-caries toothpaste. Examinations were performed at baseline and after 15 and 30 days. Subjects were instructed not to brush their teeth for 12 hours prior to each examination. Plaque Indices were examined before and after brushing.
Results

For Plaque Index (before and after brushing) and Bleeding Index a significant difference between test and control group was revealed (fig 1 and fig 2).

![Plaque Index graph](image1)

**Figure 1:** Plaque Index (before brushing) at baseline, after 15, and after 30 days after use of elmex® interX MEDIUM toothbrush compared with control toothbrush.

![Bleeding Index graph](image2)

**Figure 2:** Bleeding Index at baseline, after 15, and 30 days, after brushing with elmex® interX MEDIUM toothbrush compared with control toothbrush.

No significant differences between test and control group were revealed for the gingival and staining indices. However, over the course of the study the gingivitis decreased significantly (p=0.012) for the elmex® interX toothbrush.

Oral hygiene instruction had no significant independent effects on Plaque Index increment.

Conclusions

Brushing with elmex® interX MEDIUM toothbrush for 30 days reduces the Plaque Index and the Bleeding Index as compared with a control toothbrush (flat profile).