



Is Chewing Gum Good for Your Teeth?

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We here at ORBIT® are unapologetic gum lovers. After all, just a quick chew can freshen your breath and bring a smile to your face! Some may wonder, though: Is chewing gum good for your teeth? Let's break it down in bite-sized pieces.

Is Gum Good for Your Teeth?

Simply put: Yes! Chewing gum, especially the sugar-free kind, has its benefits. By getting your mouth moving, it kicks your saliva into gear—your natural mouth cleanser! Increased saliva may help wash away food bits and [balance out acids that could otherwise cause trouble\(open in new tab\)](#). Teeth-whitening gum (like [ORBIT® White](#)) even exists and may even help remove surface stains: Chewing one piece for 12 minutes five times a day helped reduce staining in a 12-week clinical trial. In short, a little gum can be a cheerful addition to keeping your smile fresh.

Is Gum Bad for Your Teeth?

Chewing gum—especially sugar-free gum—may actually *help* your teeth. It may stimulate saliva production to wash away food particles and neutralize acids that may lead to

cavities. Gum like ORBIT® White may even remove surface stains from your teeth. So overall, we'd say no, chewing gum isn't bad for your teeth—as long as it's sugar-free. Of course, everything in moderation!

What Are the Benefits of Chewing Gum for Your Teeth?

There are a few standout reasons why many pop a piece of gum after meals:

- **It freshens your breath:** It goes without saying, but chewing gum helps your breath smell better. Minty, fruity, whatever you prefer, there's a gum flavor for you!
- **It may keep your teeth white:** The active ingredients in ORBIT® White have been proven to remove surface stains from teeth. [Chewing one piece for 12 minutes five times a day helped reduce staining in a 12-week clinical trial.](#)
- **It may help you feel more confident:** Fresh breath plays a key role in making a good first impression. Knowing you smell good means you can hold your head high with confidence!

Frequently Asked Questions

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1. Is it Okay to Chew Gum Every Day?

Yes, but moderation is key. You can look above for several reasons why chewing gum is beneficial!

2. What's the Best Chewing Gum for Your Teeth?

There are countless chewing gum brands out there, but none of them are as refreshing or satisfying as [ORBIT®](#)! Consider ORBIT® [Spearmint](#), [Sweet Mint](#), [Peppermint](#), [Wintermint](#), and [Bubblemint](#), or even fruity flavors like [Strawberry](#)!

3. Is Chewing Gum Bad to Swallow?

While swallowing gum isn't recommended as a daily habit, don't freak out if you accidentally swallow a piece here and there. In most cases, your body will simply pass it through without harm!

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