

ProMin® F & ProMin®

Tooth Desensitizing Paste with 0.20% Sodium Fluoride

Tooth Desensitizing Paste

Questions	Answer
1. What is ProMin F?	ProMin F is a bioactive remineralizing paste that delivers Calcium Phosphate Ion Clusters (CPICs) containing calcium, phosphate, and fluoride to the teeth. It is designed to support enamel and dentin subsurface remineralization and to help reduce tooth sensitivity.
2. How does ProMin F work?	ProMin F contains tiny bioactive CPIC nano-clusters that can move into microscopic defects in enamel and exposed dentinal tubules. Once in contact with the tooth, these clusters release calcium, phosphate, and fluoride ions that help promote hydroxyapatite formation, supporting tooth structure remineralization and tubule occlusion for sensitivity relief.
3. What is CPIC and what are its benefits?	CPIC stands for Calcium Phosphate Ion Clusters. These are bioactive, nano-sized clusters of calcium and phosphate that can penetrate into demineralized enamel and exposed dentinal tubules rather than remaining only on the surface. By releasing calcium and phosphate where they are needed, CPICs help promote hydroxyapatite formation, support remineralization of enamel and dentin subsurfaces, and help occlude dentinal tubules for sensitivity relief.
4. What problems can ProMin F help with?	ProMin F is used to support weakened or demineralized enamel, tooth sensitivity (especially to hot, cold, or sweet stimuli), sensitivity or risk spots around orthodontic brackets or along the gumline, enamel challenged by acidic diets or frequent snacking, and patients with reduced salivary flow who need help supporting enamel mineral balance.
5. What does “bioactive” mean in this context?	“Bioactive” means the material doesn’t just sit on the surface—it interacts with the tooth and oral environment. The CPIC nano-clusters in ProMin F are designed to release mineral ions in response to conditions in the mouth, helping promote remineralization where it is needed most.
6. How is ProMin F different from regular toothpaste or fluoride alone?	Regular toothpaste mainly cleans the teeth and usually provides fluoride at the outer surface. ProMin F delivers bioactive nano-clusters that carry calcium, phosphate, and fluoride deeper into demineralized areas and open dentinal tubules. It is used as a supplemental treatment, not a replacement for daily brushing and flossing.
7. Who may benefit most from using ProMin F?	ProMin F may be especially helpful for people with sensitive teeth or exposed root surfaces; patients with early enamel changes or “chalky” spots; individuals with acidic diets, reflux, or frequent sugar intake; those with dry mouth; patients undergoing or recovering from whitening treatments, when teeth can feel more sensitive; and for bringing an enhanced comfort level to teeth scaling sessions when used beforehand. A dental professional can advise if ProMin F is appropriate in each case.

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8. How do I use ProMin F at home?	General instructions (your dentist may tailor these): 1) Brush and floss your teeth as usual, then spit out the toothpaste. 2) Place a pea-sized amount of ProMin F on a clean finger or soft toothbrush. 3) Gently spread a thin layer over your teeth, focusing on sensitive or at-risk areas. 4) Spit out any excess, but do not rinse vigorously. 5) Avoid eating or drinking for about 30 minutes so the minerals can remain on your teeth. Always follow the specific directions given by your dental professional.
9. How is ProMin F used in the dental office?	In-office, the clinician may clean the teeth, lightly dry the area, then apply ProMin F directly to sensitive or demineralized regions with a gloved finger, microbrush, or tray. The paste is left in place for several minutes, and the patient is typically instructed not to eat or drink for a short period afterward to maximize mineral uptake.
10. How often should ProMin F be used?	Frequency depends on your risk level and sensitivity. Many patients use ProMin F once or twice daily for a period recommended by their dental professional. For maintenance, some may use it a few times per week after the initial phase. Your dentist or hygienist will adjust the schedule to your specific needs and other fluoride sources.
11. When will I notice an improvement in sensitivity?	Some people feel relief within days, while others may notice gradual improvement over several weeks. The response depends on how exposed or demineralized the tooth is, diet, home care, and how consistently ProMin F is used as directed.
12. Can ProMin F be used with my regular fluoride toothpaste and other treatments?	Yes. ProMin F is designed to work alongside standard fluoride toothpaste and professional fluoride treatments. You generally brush with your usual toothpaste first, then apply ProMin F as an extra step. Your dental professional will consider your total fluoride exposure, especially for children.
13. Is ProMin F safe for long-term use?	When used as directed, ProMin F is intended to be safe for ongoing use as part of a preventive oral-care routine. As with any dental product, individuals with specific allergies or medical conditions should review the ingredient list and consult with their healthcare provider or dental professional.
14. Can children or pregnant patients use ProMin F?	Use in children or during pregnancy should be guided by a dental professional, who will evaluate overall risk, other fluoride sources, and the ability to follow instructions and avoid swallowing excess paste. The clinician can recommend appropriate frequency and amount based on individual circumstances.

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15. Does ProMin F replace regular dental visits or other treatments?	No. ProMin F is a supportive tool for enamel health and sensitivity management. It does not replace regular brushing, flossing, professional cleanings, or any necessary restorative or periodontal treatment. Routine check-ups are still essential to monitor your oral health and adjust your care plan.
16. Does ProMin F change the color of my teeth?	ProMin F is not a whitening product and is not intended to bleach teeth. Its purpose is to support mineral balance and help strengthen enamel. By helping maintain healthier enamel, it can support the tooth's natural appearance, but it should not be considered a substitute for professional or at-home whitening systems.
17. Is ProMin F safe to use on existing fillings, crowns, or orthodontic appliances?	ProMin F is designed for use in the natural oral environment and can be used on teeth that have restorations such as fillings, crowns, or bridges, as well as around orthodontic brackets and wires. It is not a bonding agent and does not replace restorative materials, but it can help support the surrounding enamel and dentin.
18. Can ProMin F be used with custom trays or other delivery methods?	In some cases, dental professionals may choose to deliver ProMin F using custom trays or other methods to keep the paste in prolonged contact with tooth surfaces. Any tray-based or alternative application should be designed and supervised by a dental professional who can determine suitability, duration, and frequency for each patient.

