

ProMin®: Sensitivity Check

How ProMin Helps Your Enamel & Sensitivity

Enamel can become weak or worn from acids, brushing, or grinding. The inner dentin can also become exposed, causing sharp sensitivity to cold, hot, or sweets. Together, we'll create a plan using ProMin or ProMin F to help support your enamel and reduce sensitivity over time.

Enamel support

ProMin pastes contain Calcium Phosphate Ion Clusters (CPICs) that support enamel remineralization below the surface, not just on top. This helps strengthen areas that have been softened or worn by acids and everyday use.

Sensitivity support

Under the enamel is dentin, which has tiny tubules (channels) that can send pain signals when exposed. ProMin pastes help remineralize and occlude (seal) these tubules, which can help reduce sensitivity.

ProMin vs. ProMin F

ProMin – fluoride-free paste for enamel support and sensitivity management. ProMin F – includes fluoride and provides calcium, phosphate, and fluoride together to help support enamel mineral balance, especially helpful if your enamel is at higher risk.



Children



Adults



Orthodontic Patients



Whitening Patients



Dry Mouth Patients

How to Use ProMin at Home

1. Brush as usual – Brush with your regular toothpaste and spit out. Don't rinse a lot with water.
2. Apply ProMin / ProMin F – Put a pea-sized amount of ProMin or ProMin F on a toothbrush, your fingertip, or a tray. Spread it over your teeth, especially on sensitive or worn areas (near the gums, cold-sensitive teeth, worn edges).
3. Let it stay on – Let the paste sit on your teeth. Spit out any extra, but do not rinse right away.
4. Give it time to work – Avoid eating, drinking, or rinsing for at least 30 minutes afterward. Best time: before bed, unless your dental team gave other instructions.



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Quick FAQs

Q: When will my teeth feel less sensitive?

A: Some people feel relief within a few days; for others it may take a few weeks. Use it as directed and tell us at your next visit how you're doing.

Q: Do I still use my regular toothpaste?

A: Yes. Keep using your normal toothpaste first. ProMin / ProMin F is an extra step on top of your regular brushing routine.

Q: Is it okay to use every day?

A: Yes, ProMin and ProMin F are designed for daily use as directed by your dental professional.

Q: Can I swallow it?

A: Spit out the extra paste. A small amount that remains on the teeth is expected, but you shouldn't intentionally swallow it.

Good to Know

- Dairy-free, gluten-free, and peanut-free.
- Free of SLS and triclosan.
- Gentle, low-abrasive paste suitable for regular use.



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Your Enamel & Sensitivity Plan

Enamel can become weak or worn from acids, brushing, or grinding. The inner dentin can also become exposed, causing sharp sensitivity to cold, hot, or sweets. Together, we'll create a plan using ProMin or ProMin F to support enamel remineralization and help reduce sensitivity over time.

What bothers you most about your teeth? (check all that apply)

- ☐ Sharp zingers with cold drinks
- ☐ Sensitivity to hot foods or drinks
- ☐ Pain with sweets
- ☐ Sensitivity when brushing near the gums
- ☐ Teeth feel thin, rough, or worn
- ☐ Recent whitening made my teeth sensitive
- ☐ I worry my enamel is "wearing away"

Where do you feel it most?

- ☐ Front teeth
- ☐ Back teeth
- ☐ Near the gums
- ☐ One side
- ☐ All over

What We See Today

Clinic name: _____

Phone / Website: _____

Today we noticed:

- ☐ Areas of enamel wear / thinning
- ☐ Exposed root or dentin areas
- ☐ White or chalky spots on enamel
- ☐ Sensitive areas near the gumline
- ☐ Other: _____

Your enamel & sensitivity risk:

- ☐ Low ☐ Moderate ☐ High

Recommended check-up frequency:

- ☐ Every 6–12 months ☐ Every 6 months
☐ Every 3–4 months

Note from your dental team:

Your ProMin Plan

In-office today we used:

- ☐ ProMin (fluoride-free)
- ☐ ProMin F (with fluoride)

Applied to:

- ☐ All teeth
- ☐ Front teeth
- ☐ Back teeth
- ☐ Near gums
- ☐ Specific sensitive spots

At-home ProMin / ProMin F plan you will use:

- ☐ ProMin (fluoride-free)
- ☐ ProMin F (with fluoride)

How often:

- ☐ Once a day (evening)
- ☐ Twice a day (morning & evening)
- ☐ Other: _____

Focus on these areas:

- ☐ Near the gums
- ☐ Cold-sensitive teeth
- ☐ Thinned / worn edges
- ☐ After whitening
- ☐ Other: _____