

Oil Pulling

Authentic Ayurvedic Formula

DrTung's Oil Pulling Concentrate is an authentic Ayurvedic formula made from a unique blend of 24 plants and herbs. It is a time-tested remedy for oil pulling that enhances the efficacy of coconut, sesame, or sunflower oil and reduces the time needed for oil pulling.

Oil pulling is recommended in ancient Ayurvedic texts as part of your daily routine to strengthen teeth and gums, help with mouth dryness, and treat other oral conditions. Sesame oil is explicitly mentioned for its subtle, penetrating, preventative, and balancing effects. DrTung's Oil Pulling Concentrate is made from carefully selected plants and botanicals chosen for their treatment qualities and prepared in organic sesame oil. Unlike some other oil-pulling products, it does not contain mint or any essential oils to provide flavor.

Here's how to use it:

1. After tongue cleaning and toothbrushing, place 1 tbsp mixture in your mouth.
2. Slowly swish it around your mouth and "chew" on it for 5-15 minutes.
3. When done, do not swallow, but spit into the toilet (not sink).
4. Rinse your mouth with lukewarm, saline water. Make sure to swish daily for best results.