



Study Synopsis: Teeth Whitening Efficacy of Gurunanda® Oil Pulling Rinse

Objective:

The purpose of this study was to assess the whitening efficacy of Gurunanda® Oil Pulling Rinse.

Process:

A single center, single-arm clinical study was conducted to evaluate the whitening efficacy of Gurunanda® Oil Pulling Rinse over a 6-week duration. Suitable inclusion and exclusion criteria were established to eliminate any potential biases. 30 subjects having tooth shade of A1 or darker were enrolled in study who met all other selection criteria. Subjects were instructed to use the study article once a day for 2 minutes. Tooth color was recorded via Vita shade guide for the facial surface of the maxillary anterior four teeth, at baseline and after 6 weeks by trained and qualified professionals. Oral safety assessments and tooth shade measurements were taken by a California state licensed dentist. The mean tooth shade changes were calculated from the scores provided by the dentist during the vita shade assessment.

Results:

Subject	Average Tooth Sade Difference from Baseline at 6 Weeks
1	1
2	2
3	2
4	3
5	4
6	3
7	4
8	2
9	2
10	2
11	4
12	3
13	3
14	4
15	4



Subject	Average Tooth Shade Difference from Baseline at 6 Weeks
16	1
17	2
18	1
19	1
20	2
21	3
22	2
23	2
24	2
25	3
26	3
27	3
28	4
29	3
30	3
Average Shade Change	2.6

Table1: Mean tooth shade score (Each average shade score corresponds to the mean of shade assessments conducted by a licensed dentist on a set of four maxillary teeth)

Discussion:

Compared to their initial baseline values, subjects who used the Gurunanda Oil Pulling Rinse for 6 weeks showed an average improvement of 2.6 shades on the positive side, indicating whiter teeth compared to their baseline. Furthermore, oil pulling with Gurunanda Oil Pulling consistently demonstrated a minimum 2-shade improvement, with no instances of a negative difference being recorded.

Conclusion:

The data suggests that Gurunanda® Oil Pulling Rinse can contribute to teeth whitening through consistent daily use for a minimum of 2 minutes.