(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property Organization
International Bureau

(43) International Publication Date
22 November 2007 (22.11.2007)

PCT

(10) International Publication Number
WO 2007/134003 A2

(51) International Patent Classification:
A61K 8/04 (2006.01) *A61Q 11/00* (2006.01)
A61K 8/26 (2006.01)

(21) International Application Number:
PCT/US2007/068362

(22) International Filing Date: 7 May 2007 (07.05.2007)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:
60/798,940 9 May 2006 (09.05.2006) US

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(81) Designated States *(unless otherwise indicated, for every kind of national protection available)*: AE, AG, AL, AM, AT, AU, AZ, BA, BB, BG, BH, BR, BW, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, GT, HN, HR, HU, ID, IL, IN, IS, JP, KE, KG, KM, KN, KP, KR, KZ, LA, LC, LK, LR, LS, LT, LU, LY, MA, MD, MG, MK, MN, MW, MX, MY, MZ, NA, NG, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RS, RU, SC, SD, SE, SG, SK, SL, SM, SV, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, ZA, ZM, ZW.

(84) Designated States *(unless otherwise indicated, for every kind of regional protection available)*: ARIPO (BW, GH, GM, KE, LS, MW, MZ, NA, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HU, IE, IS, IT, LT, LU, LV, MC, MT, NL, PL, PT, RO, SE, SI, SK, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).

Published:
— *without international search report and to be republished upon receipt of that report*

For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.

WO 2007/134003 A2

(54) Title: ORAL CARE REGIMEN

(57) Abstract: The invention includes methods of cleaning an oral surface, maintaining oral health and/ or increasing oral health. Such methods encompass contacting an oral surface with a primary oral care composition at least once daily, and contacting the oral surface with a periodic oral care composition at least once within a period of about 42 days. The periodic oral care compositions suitable for use in the method comprise a first abrasive having an Einlehner hardness of greater than about 5 mg loss per 100,000 revolutions and a second abrasive having an Einlehner hardness of less than about 5 mg loss per 100,000 revolutions. In the periodic oral care compositions, the ratio of the first abrasive to the second abrasive is about 1:1.6 to about 1.6:1. The periodic oral care compositions are characterized by a pellicle cleaning ratio of greater than about 100 and a radioactive dentin abrasion of less than about 200. Additionally or alternatively, the methods may include those where the second abrasive comprises silica and has an oil of absorption of greater than about 90 cm^3/100g and/ or an Einlehner hardness of less than about 5 mg loss per 100,000 revolutions. The ratio of the first abrasive to the second abrasive may be about 1:1.6 to about 1.6:1. The total amount of the first and second abrasives present in the oral composition may be greater than about 25 % by weight of the composition and/ or the oral composition has a pellicle cleaning ratio of greater than about 100 and a radioactive dentin abrasion of less than about 200.