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

(19) World Intellectual Property Organization
International Bureau

(43) International Publication Date
13 August 2009 (13.08.2009)

PCT

(10) International Publication Number
WO 2009/099450 A1

(51) **International Patent Classification**:
A61K 8/44 (2006.01) *A61K 31/198* (2006.01)
A61Q 11/00 (2006.01) *A61P 1/02* (2006.01)

(21) **International Application Number**:
PCT/US2008/058650

(22) **International Filing Date**:
28 March 2008 (28.03.2008)

(25) **Filing Language**: English

(26) **Publication Language**: English

(30) **Priority Data**:

61/027,431	8 February 2008 (08.02.2008)	US
61/027,432	8 February 2008 (08.02.2008)	US
61/027,435	8 February 2008 (08.02.2008)	US
12/028,782	8 February 2008 (08.02.2008)	US
61/027,420	8 February 2008 (08.02.2008)	US

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(81) **Designated States** *(unless otherwise indicated, for every kind of national protection available)*: AE, AG, AL, AM, AO, AT, AU, AZ, BA, BB, BG, BH, BR, BW, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DO, 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, ME, 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, HR, HU, IE, IS, IT, LT, LU, LV, MC, MT, NL, NO, 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:

— *with international search report (Art. 21(3))*

WO 2009/099450 A1

(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, contacting the oral surface with a periodic oral care maintenance composition at least once monthly, wherein the periodic oral care maintenance composition comprises a basic amino acid, in free or salt form and optionally contacting the oral surface with a periodic oral care cleaning composition at least once monthly. The periodic oral care cleaning compositions suitable for use in the method comprise an abrasive system.