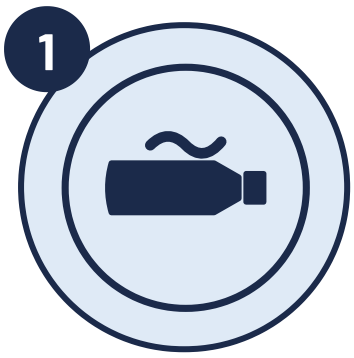
HEALTHY TEETH

How to brush well

1



Add toothpaste

Use fluoride toothpaste on a small-headed brush.

2



Brush every surface

Clean the outside, inside and chewing surfaces of all teeth.

3



Gentle circles

Angle the bristles towards the gums. Do not scrub hard.

4



Two minutes

Brush twice a day, including last thing at night.

5



Spit, don't rinse

Leave the fluoride on your teeth.

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