

# KEEP YOUR TEETH BRIGHT AND HEALTHY!

**BRUSH YOUR TEETH  
TWICE A DAY FOR AT  
LEAST 2 MINUTES**

**MAKE SURE TO FLOSS  
REGULARLY BEFORE  
BRUSHING YOUR TEETH**



**MAKE SURE TO BRUSH  
YOUR TEETH LAST THING  
BEFORE YOU GO TO BED!**

**DON'T RINSE WITH WATER  
STRAIGHT AFTER  
TOOTHBRUSHING**