

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**