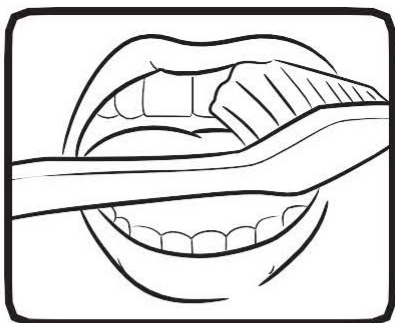
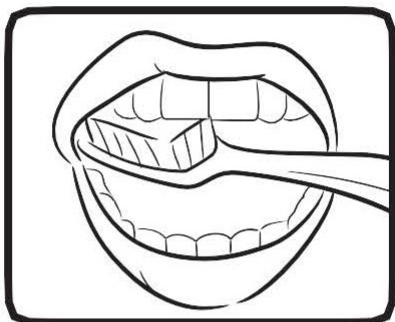


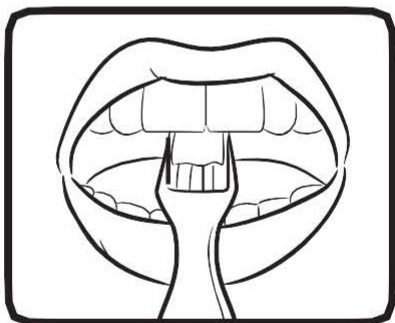
How to Brush



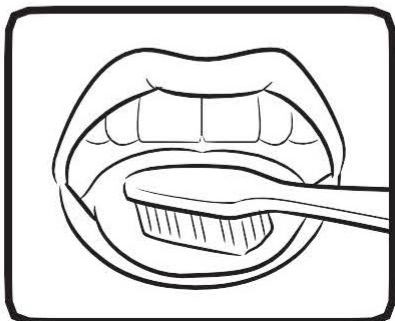
Place your toothbrush at a 45-degree angle to the gums.



Move the toothbrush back and forth. Be sure to brush gently and in short strokes.



Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.



To clean the inside surface of the front teeth, tilt the brush vertically and gently move it up and down.

Make sure you brush your tongue to remove bacteria and keep your breath fresh.