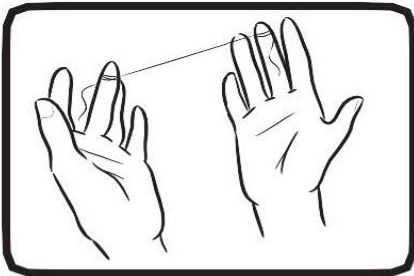
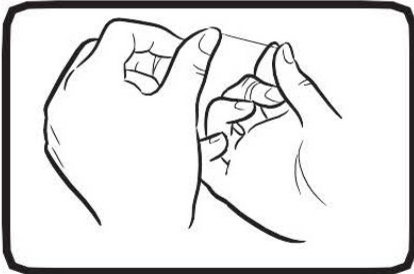


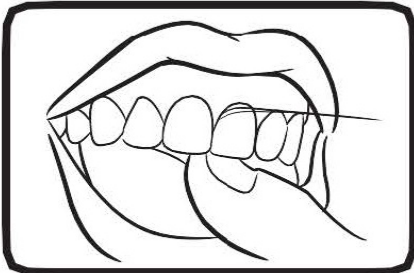
How to Floss



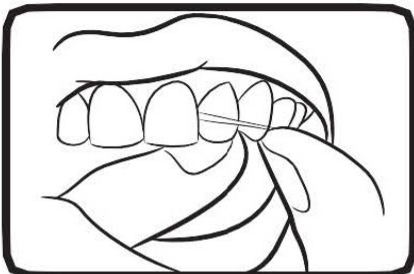
Use about 18 inches of floss. Wrap most of the floss around one of your middle fingers, and the rest on the middle finger of your other hand.



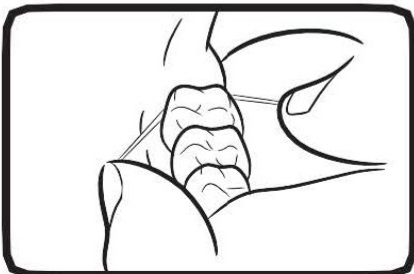
Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



Curve the floss into a "C" shape around the side of the tooth.



Rub the floss gently up and down, and keep it pressed against the tooth. Don't jerk or snap the floss.



Make sure you floss all your teeth. Don't forget to floss behind your back teeth.