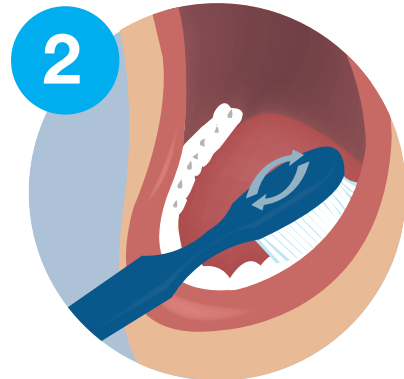




How to Brush



1 Squeeze a pea-sized blob of toothpaste onto a soft bristled brush.



2 Brush gently using circular motions. If you brush too hard it can harm your gums.



3 Brush all the surfaces of your teeth paying special attention to where the tooth meets the gum. This is where plaque builds up.



4 Remember to brush behind your front teeth using the tip of the toothbrush.



5 Keep brushing for at least two minutes and do this morning and night.

Did you know that it takes two to three minutes to brush your teeth properly but most people only spend 30 seconds or less?