

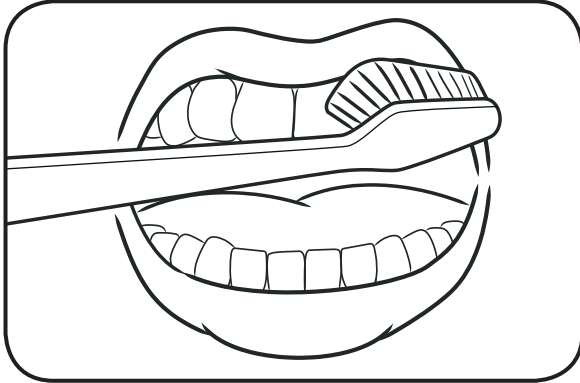


In collaboration with
ADA[®]

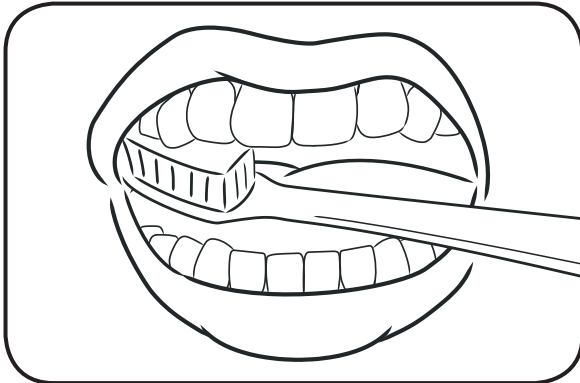
**SHARE MORE TIME,
SHARE MORE SMILES**

How to Brush

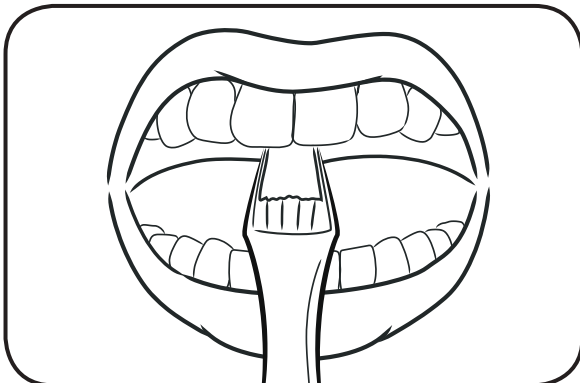
Brush twice a day for two minutes with fluoride toothpaste.



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



- Move the brush back and forth gently 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 make several up-and-down strokes.

LEARN MORE AT MOUTHHEALTHY.ORG/ORALHEALTHMONTH
AND COLGATE.COM/SONRISAS