
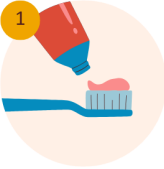



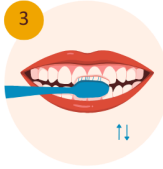
# HOW TO BRUSH YOUR TEETH


FOLLOW THESE 8 SIMPLE STEPS:





1  Apply a pea-sized amount of toothpaste to your toothbrush.


2  Brush the outer surfaces of your teeth using gentle circular motions.


3  Continue brushing the outer surfaces with up-and-down motions.

4  Brush the inner surfaces using up-and-down strokes.

5  Don't forget to brush the chewing surfaces.

6  Gently brush your tongue to remove bacteria and freshen your breath.

7  Rinse your mouth thoroughly with water.

8  Smile! You've successfully brushed your teeth.

Your Healthy Smile Starts Here

