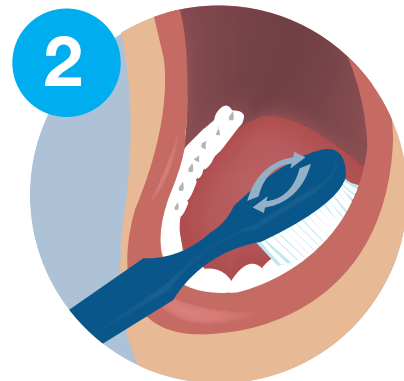




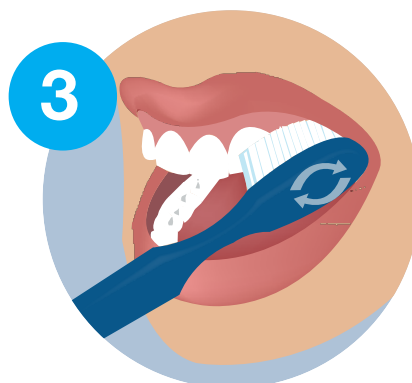
## How to Brush



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?