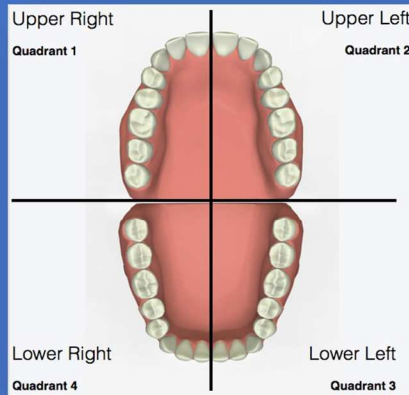


## BRUSHING INSTRUCTIONS

To Keep Your Mouth Clean And Healthy, It Is Important For You To Brush At *Least* Twice A Day: Morning And Night For *Minimum* Of 2 Minutes

# 1

First divide your mouth into 4 quadrants and brush each quadrant for 30 seconds each

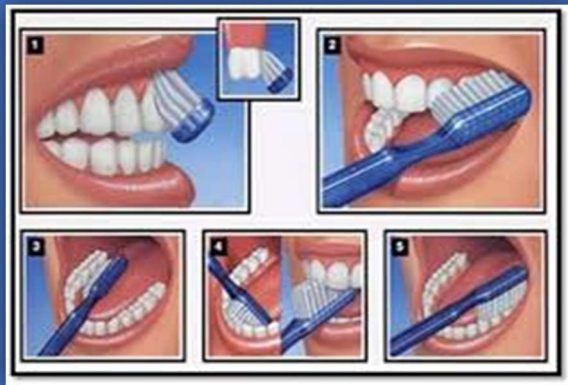


# 2

Brush your teeth at a 45 degree angle with half the bristles touching the teeth and half the bristle touching the gums



# 3



Brush all around with the same 45 degree angle at a gentle, but quick side to side motion

It is important to know that it is not how hard you brush that makes your teeth clean or how hard the tooth brush bristles are. Brushing too hard can damage the gums of your teeth. In fact, we recommend a "soft" tooth brush with gentle, but quick side to side motion when brushing

Tooth brush must be replaced on average every 3 months