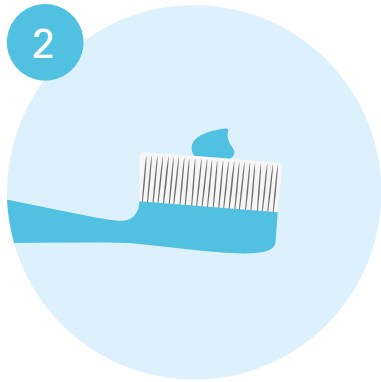


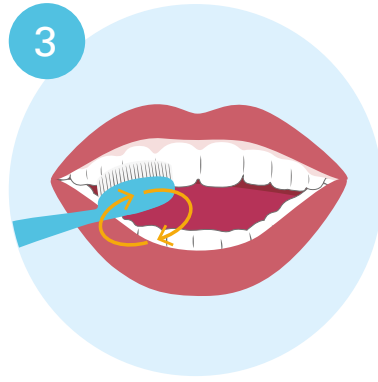
How To Brush



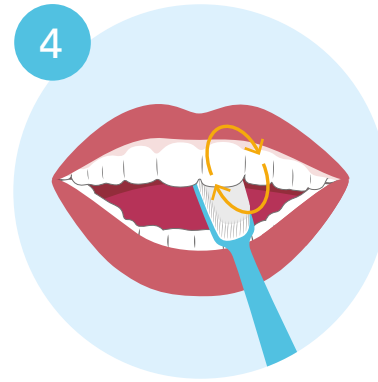
Brush in the morning and at night before going to bed.



Use a pea-sized amount of fluoride toothpaste on a soft toothbrush.



Brush teeth and along the gum using a gentle circular motion. Start with the outside surfaces.



Repeat on the inside surfaces.



Use a light back and forth motion on the chewing surfaces. Spit out toothpaste, but don't rinse with water.

Be sure to brush all surfaces: top and bottom, left and right, front and back.



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