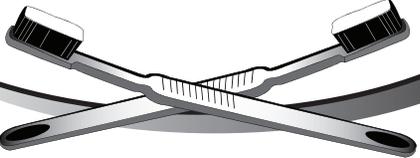




Brush carefully for 3 to 5 minutes to remove plaque and food particles and keep your teeth and gums healthy.

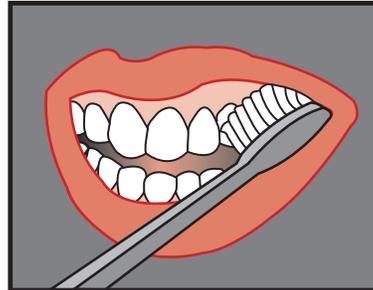
# How to Brush Your Teeth




A smear of toothpaste is all you need to keep your teeth and gums clean and healthy.

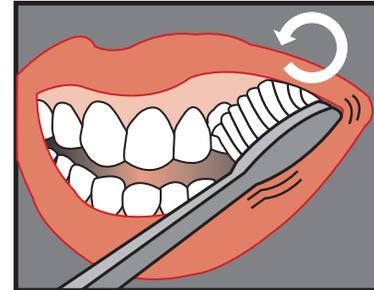
**1**

Place the bristles at a 45 degree angle to the teeth. Slide the tips of the brush bristles under the gums.



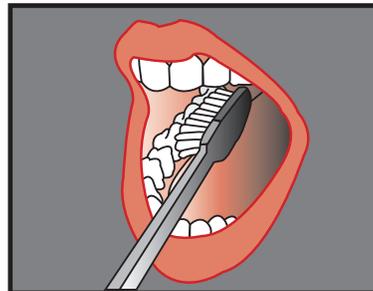
**2**

Jiggle the bristles gently in small circles so that any plaque under the gum will be removed.



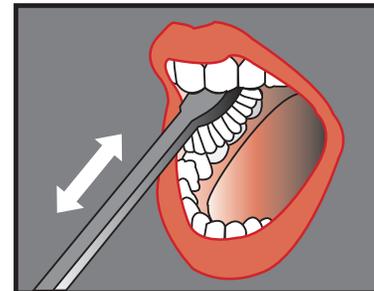
**3**

Be sure to brush both the outside and the tongue side of your teeth.



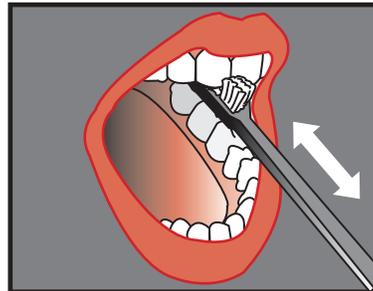
**4**

Brush the chewing surfaces of your teeth with a back and forth motion.



**5**

Brush the tongue side of your front teeth with the end of the brush, cleaning one tooth at a time.



**6**

Brush your tongue to remove germs and to make your breath fresh.

