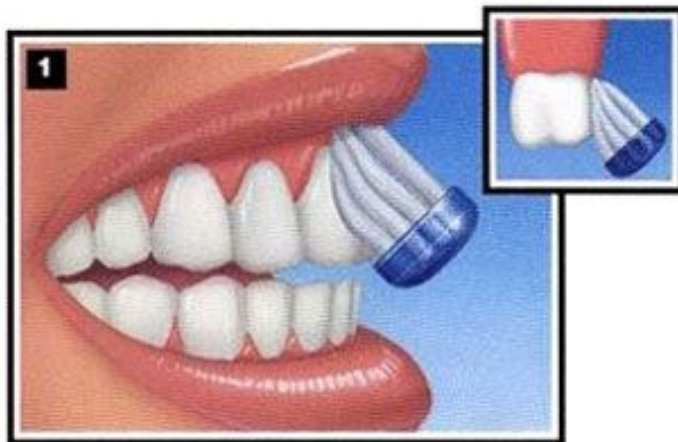
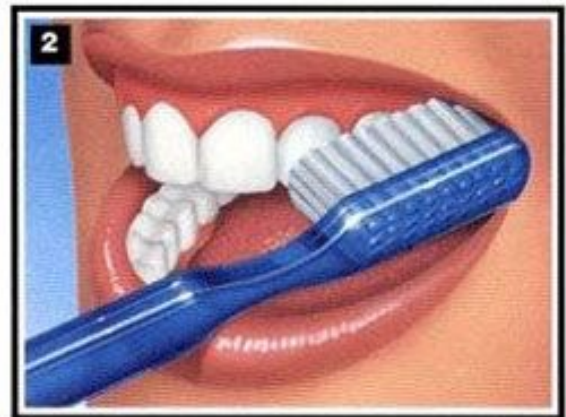


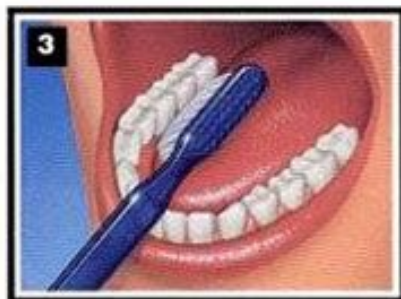
# How to BRUSH YOUR TEETH



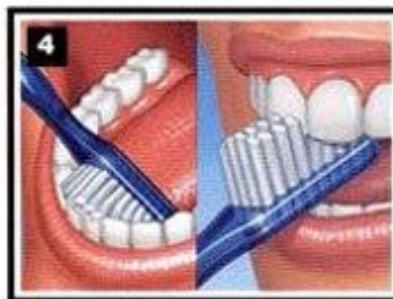
1 Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.



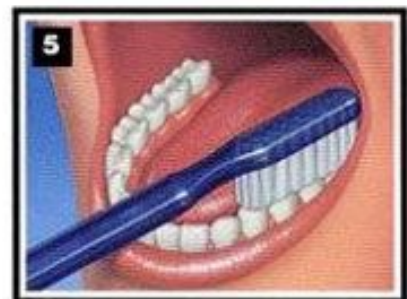
2 Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & rolling motion. Move brush to the next group of 2-3 teeth and repeat.



3 Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth & rolling motion along all of the inner tooth surfaces.



4 Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.



5 Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.