



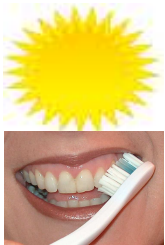
Keep your teeth and mouth healthy....



Have sugary food and drink at mealtimes only



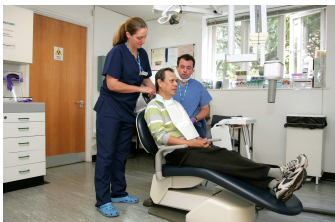
Use fluoride toothpaste



Brush your teeth and gums for 2 minutes. Twice a day.



Brush your teeth and spit out.
Do not rinse.



See your dentist regularly, as often as they recommend.