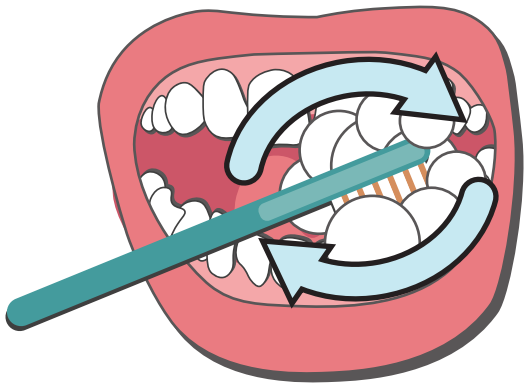
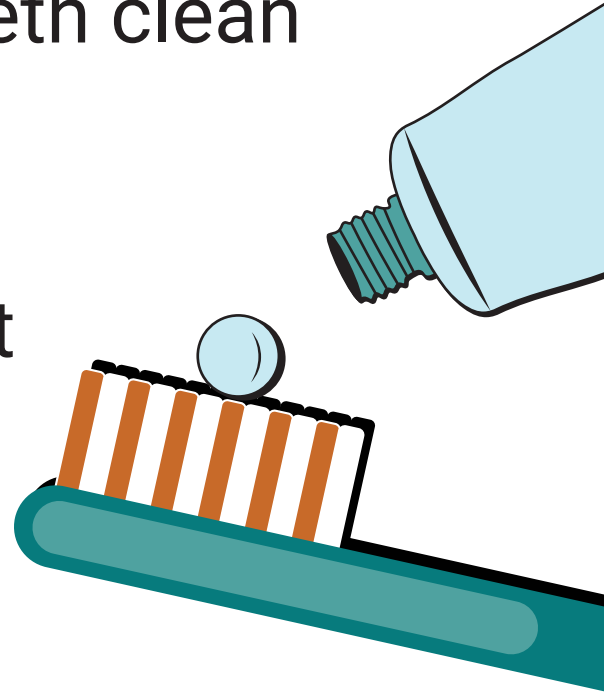


# Happy Teeth

Five steps to keep your teeth clean and comfortable.

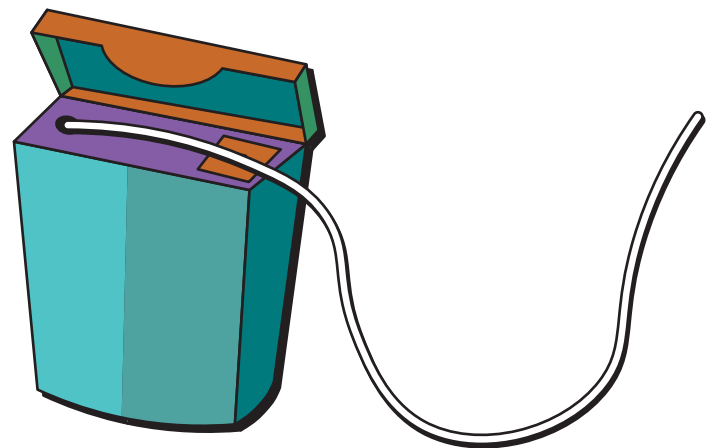
- Put a pea-sized amount of fluoride toothpaste on your toothbrush.



- Brush in circles for two full minutes.

- Rinse well.

- Floss between all your teeth.



- Rinse well with fluoride mouthwash.