

# keeping your teeth fit...*easy* as!

Taking care of your teeth  
need not be tedious.

It is as simple as 2 minutes twice a day  
brushing your teeth in the morning and  
before going to bed at night.

## Tips for taking good care of your teeth:

- Brush twice daily with a fluoride toothpaste
- Floss at least once daily
- Visit your dentist for regular dental examinations
- Have a healthy diet that is low in sugar
- Stop smoking



**HAVING A HEALTHY MOUTH  
IS IMPORTANT FOR OVERALL HEALTH  
AND WELLBEING**

