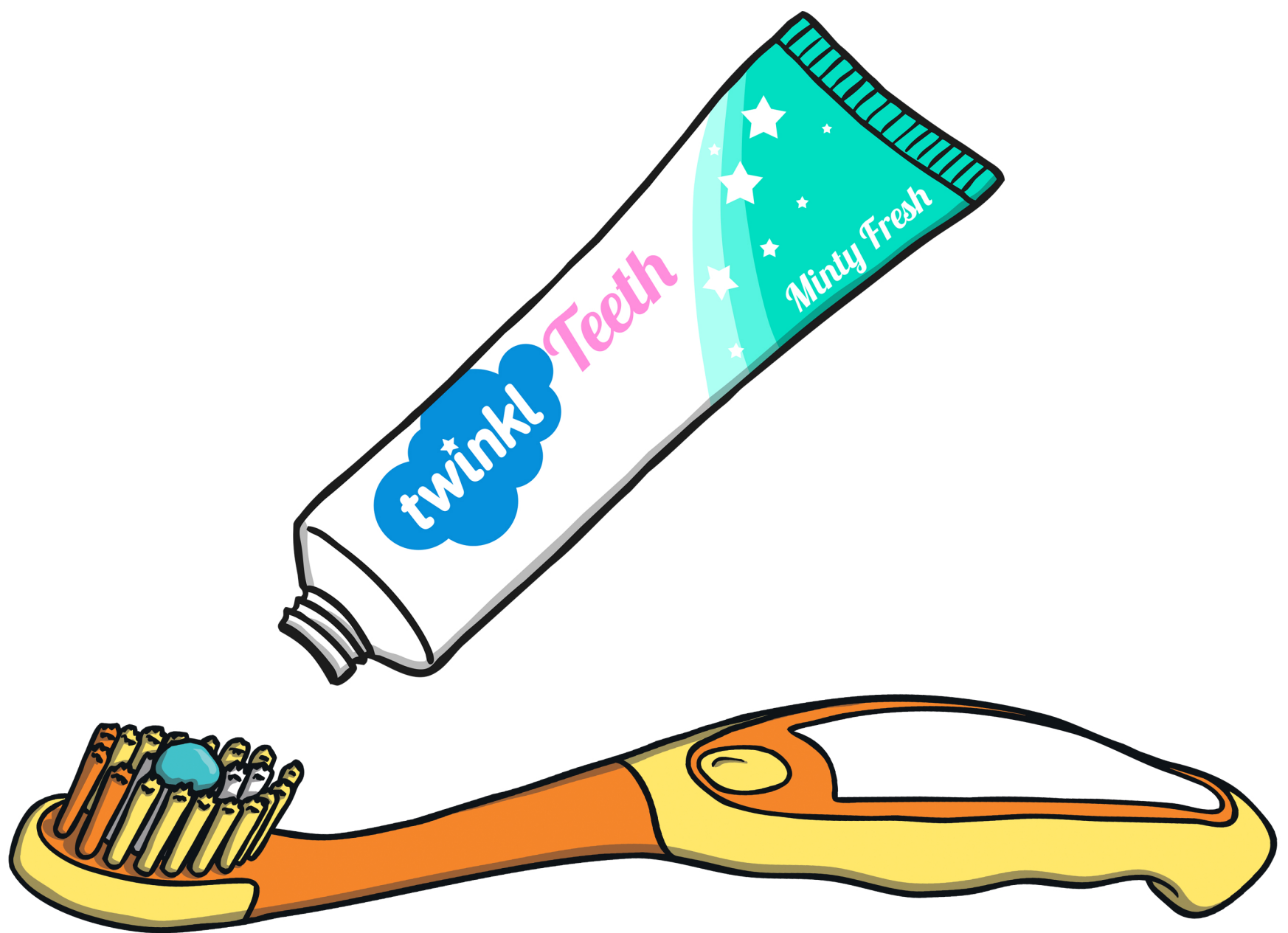


# How to brush your teeth



1

Squeeze a pea sized amount of toothpaste onto the brush.



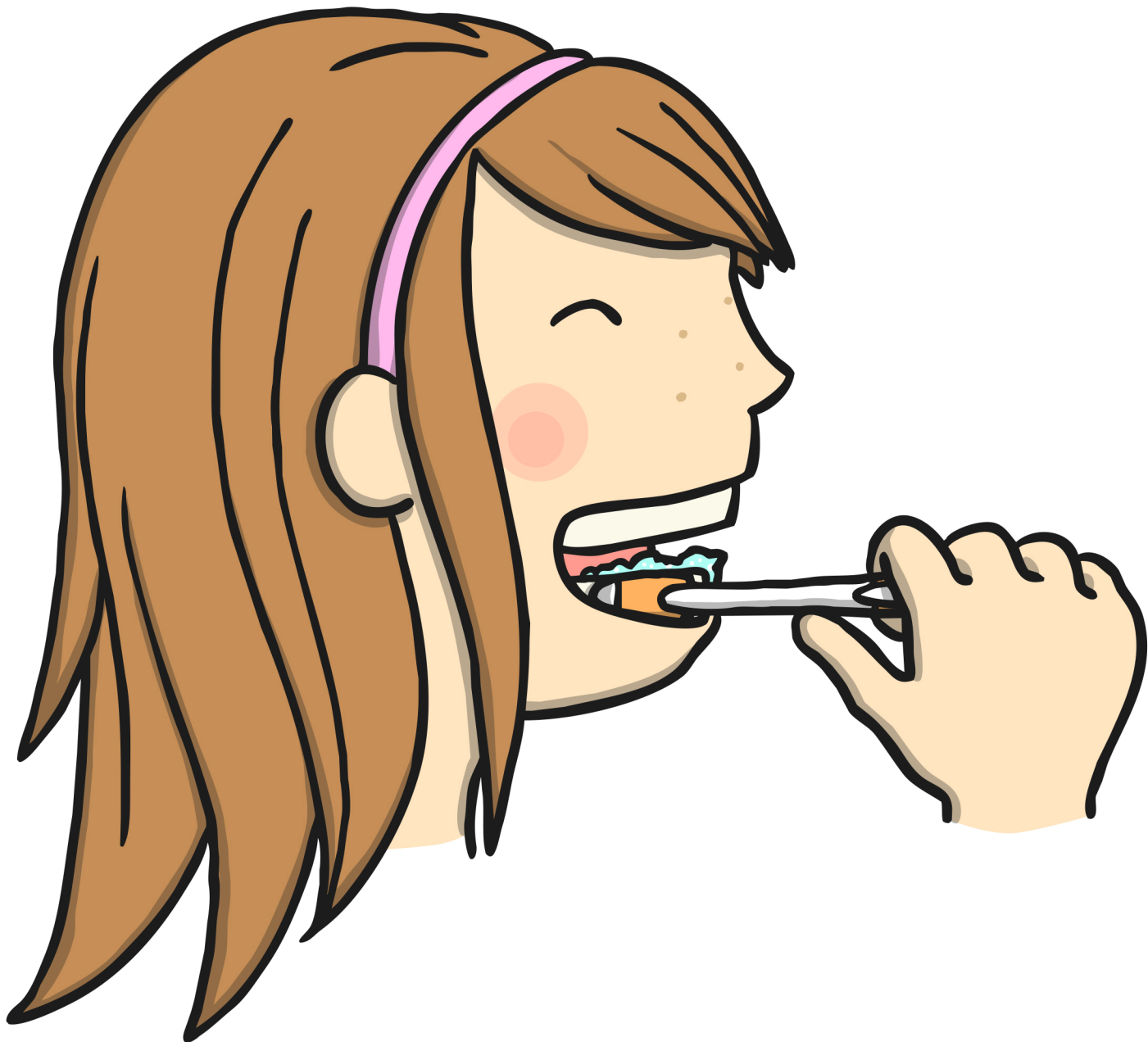
2

Tilt your toothbrush, covering your gumline and the front of your teeth and brush gently.



# 3

Gently brush the outside of your teeth, making sure you reach right to your back teeth.



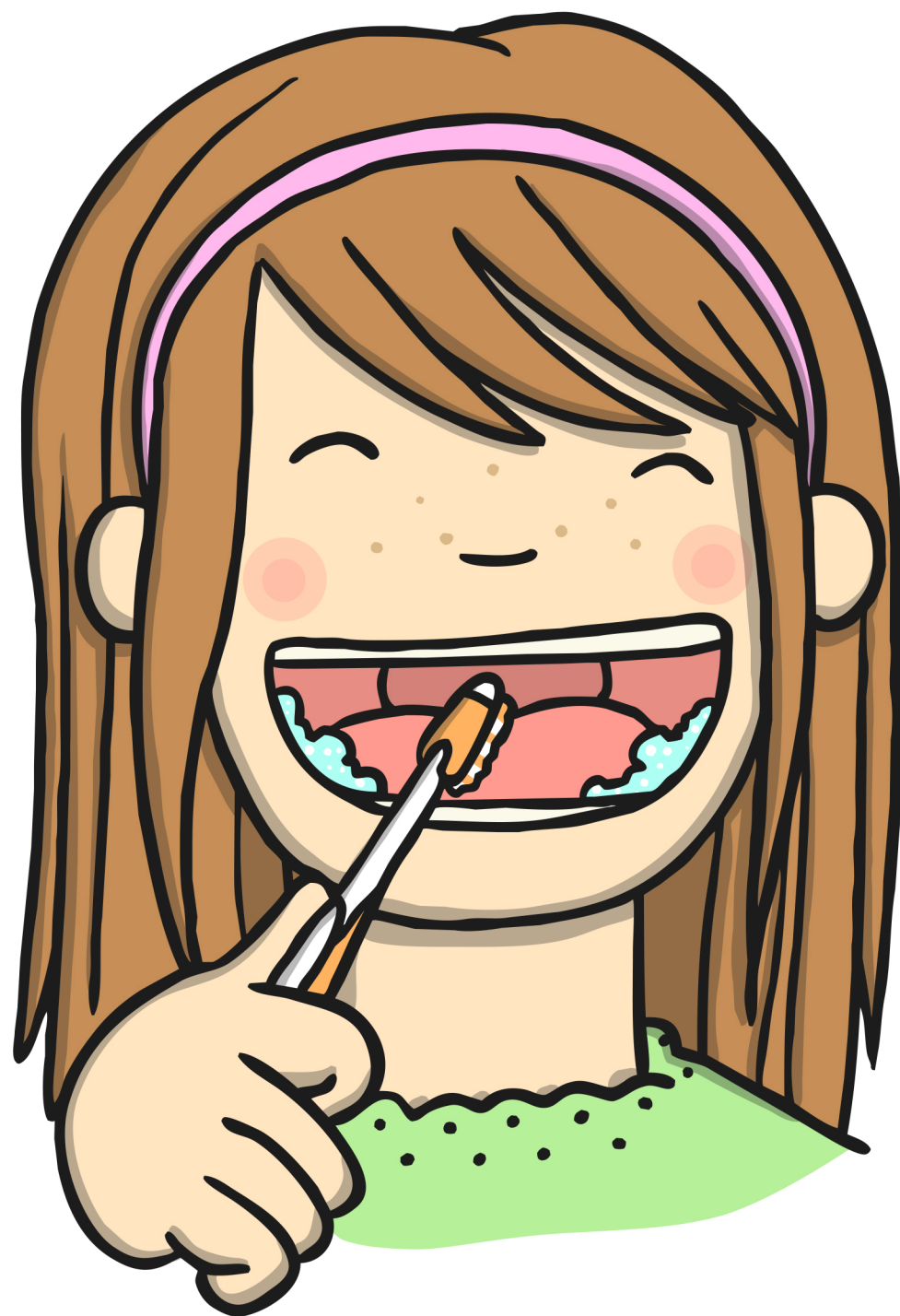
4

Brush the insides  
and the tops of all  
your teeth.



5

Gently brush your tongue to remove bacteria.



6

Spit out the excess  
toothpaste and then  
you are finished.

