

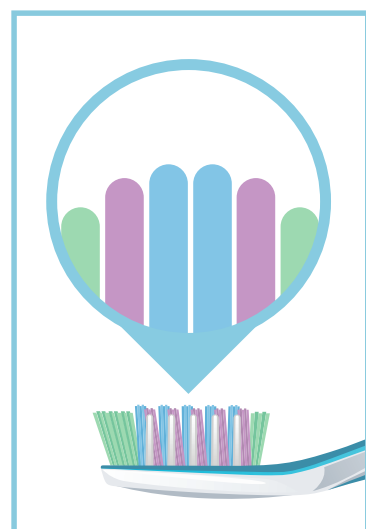


THE CHOICE IS
YOURS

Think all toothbrushes and toothpastes are the same?
Think again! The right combination can be a one-two punch of preventive care that keeps you smiling.

TIPS FOR CHOOSING A TOOTHBRUSH

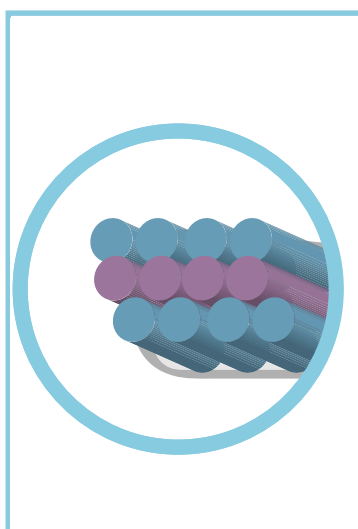
FUN FACT: The most popular toothbrush color is blue.



BRISTLE SHAPE:
Rounded ends reduce the risk of damaging your gums.



HEAD:
All shapes and sizes are equally effective; choose what's comfortable.



BRISTLE SURFACE:
Flat and multilevel brushing surfaces are best.



FIRMNESS:
We recommend soft, but ask your dentist what is right for you.



HANDLE:
Choose whichever shape is easiest for you to grip comfortably.

KNOW YOUR TOOTHPASTE OPTIONS

TIP: The most important toothpaste feature is an ADA seal of approval on the box.

ANTI-CAVITY
Strengthens teeth with fluoride

DESENSITIZING
Stops sensitivity at the source

WHITENING
Keeps your smile bright

ANTI-GINGIVITIS
Promotes healthy gums

TARTAR-CONTROL
Blocks hard plaque build-up



For more brushing tips and tricks, visit our oral health and wellness site (mysmileway.com)

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