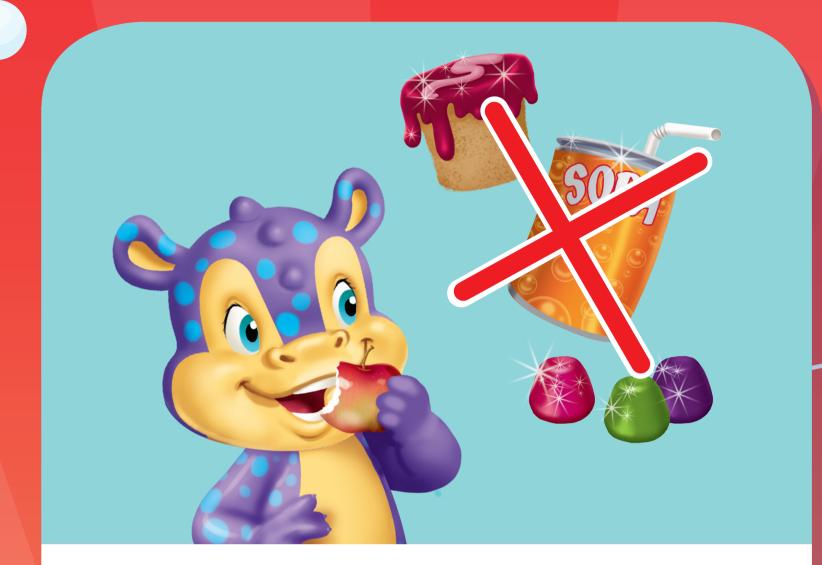
How to Have a Bright Smile



Brush at least twice a day with fluoride toothpaste, especially after eating breakfast and before bedtime.



Avoid sugary snacks and drinks.



Visit the dentist regularly.

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How to Brush







outside

inside

back





behind



