

Colgate®

BRIGHT SMILES,  
BRIGHT FUTURES™



# BE A TOOTH



# DEFENDER!

Know How To Brush

### 3. WAY IN THE BACK

Brush chewing surface of each tooth.



### 4. BEHIND FRONT TEETH

Use tip of toothbrush to brush behind each front tooth, both top and bottom.



### 5. TONGUE

Don't forget to brush your tongue.



### 2. INSIDE

Brush inside surface of each tooth, using wiggling technique in Step 1.



## Tooth Defender Tips

- Brush at least twice a day with fluoride toothpaste!
- Remember to brush *all* top and bottom teeth!

### 1. OUTSIDE

Place brush at angle along outer gumline. Wiggle gently back and forth. Repeat for each tooth.

