HOW TO BRUSH YOUR TEETH?





Place the brush at a 45-degree angle to the front surface of your teeth, with the bristles pointing towards the gums





Clean the inside surface of upper teeth by tilting the brush vertically and using small up and down strokes.





Move the brush in a back-and-forth motion to clean the biting surfaces of your teeth





Move the brush in short 'to-andfro' motions 10 to 15 times, then use one downward stroke for the upper teeth and one upward stroke for the lower teeth.





Clean the inside surfaces of the front lower teeth by tilting the brush vertically and using small up and down strokes





Clean the inside surfaces of the back teeth by moving the brush in a small back and forth motion

SOFT TOOTHBRUSH

FLUORIDE TOOTHPASTE



+91-7208667500

Brush your teeth for

2 MINUTES 2 TIMES

Everyday