

DAILY 4



BRUSH

TWICE A DAY

FLOSS*

*interdental cleaning

DAILY

RINSE

WITH MOUTHWASH

CHEW

SUGAR-FREE GUM

START THE CONVERSATION...

Fresh breath, strong teeth and healthy gums are all part of your oral health. And maintaining that oral health starts with a conversation. Talk to your dental hygienist today about the four simple ways you can make—and keep—your mouth clean and healthy.

BRUSH twice a day. **FLOSS** regularly. **RINSE** with mouthwash. **CHEW** sugarfree gum after meals. The **#Daily4** is the beginning of many more important conversations with your dental hygienist, for a lifetime of smiles.

