



Cleaning your teeth can be fun.
Let us show you how!

HOW TO USE DISCLOSING TABLETS

1. Brush your teeth as normal.
2. Take one tablet and chew into a fine paste.
3. Don't swallow the paste but use your tongue to spread it over your teeth and gums.
4. Have a really good rinse out, then check to see how well you have brushed your teeth. The plaque will be stained bright red or pink.
5. Re-brush your teeth, especially aiming at the gums to remove any plaque.