

# NATURAL TOOTHPASTE

- Contains green-tea extract and and POLY C®
- Includes baking soda from natural sodium carbonate
- Naturally sweetened with xylitol
- Vegetable glycerin moisturizes and soothes gums
- Natural, fluoride-free formula



ITEM# 399

The USANA lifestyle involves all aspects of your health, including your teeth and gums. Neglecting your oral hygiene can have drastic effects on your dental health and quality of life. Poor dental health is not inevitable. There are several steps you can take to maintain healthy teeth and gums.

## AVOID SUGARY FOODS

Good dental health begins with a good diet. Foods high in refined sugars and starches can be harmful to teeth and gums. A first step in tooth decay is the formation of acid produced through bacterial sugar metabolism. This acid can eat away at a tooth's protective surface (enamel) in as little as 20 minutes after eating and eventually lead to cavities.

Bacteria are also believed to be the culprits behind gum disease. Without proper brushing and flossing, bacteria can accumulate on the teeth. These sticky bacteria may release toxins, which damage the gums through gum inflammation and infection.

## BRUSH AND FLOSS OFTEN

Brushing your teeth for two minutes at least twice a day will help to remove the film of plaque bacteria from your teeth that causes cavities. Flossing every day, before you brush, will help remove the bacteria and food particles from between teeth, where a toothbrush cannot reach.

## GET REGULAR DENTAL CHECK-UPS

Visit your dentist twice a year for a check-up and tooth cleaning. A dentist checks for signs of tooth decay and oral cancer. And professional cleaning of your teeth will remove any plaque buildup that is left after you brush and floss.

## WHY NATURAL TOOTHPASTE?

USANA's reformulated NATURAL TOOTHPASTE can be the foundation of an advanced oral health regimen. It contains several key ingredients that will help maintain your healthy smile. NATURAL TOOTHPASTE provides POLY C® and green-tea extract that help maintain a clean and healthy smile. NATURAL TOOTHPASTE also contains baking soda from natural sodium carbonate. And vegetable glycerin from vegetable oils moisturizes and soothes gums.

NATURAL TOOTHPASTE is also unique for what it doesn't contain. This refreshing mint toothpaste contains no artificial colours, artificial flavours, or artificial sweeteners. And because not everyone needs or wants a fluoride treatment with every brushing, NATURAL TOOTHPASTE contains no fluoride. So, you can decide the role that fluoride will play in maintaining your healthy smile.

## USING NATURAL TOOTHPASTE

Brush your teeth with NATURAL TOOTHPASTE for two minutes at least twice daily.