

Choosing a Good Toothpaste

Look for a toothpaste with
at least **1000 ppm fluoride**



- ✓ Check the box/tube states it has fluoride (stannous fluoride, sodium monofluorophosphate, or sodium fluoride are ingredients)
- ✓ Not everyone loves that minty taste. Try one of the fluoridated non-mint flavours available (grape, vanilla, watermelon, berry...)
- ✓ A soft paste, a solid paste or a tablet?
The choice is yours!

