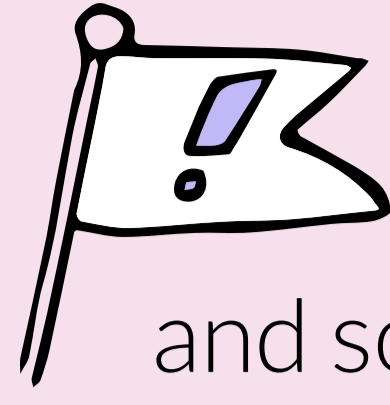
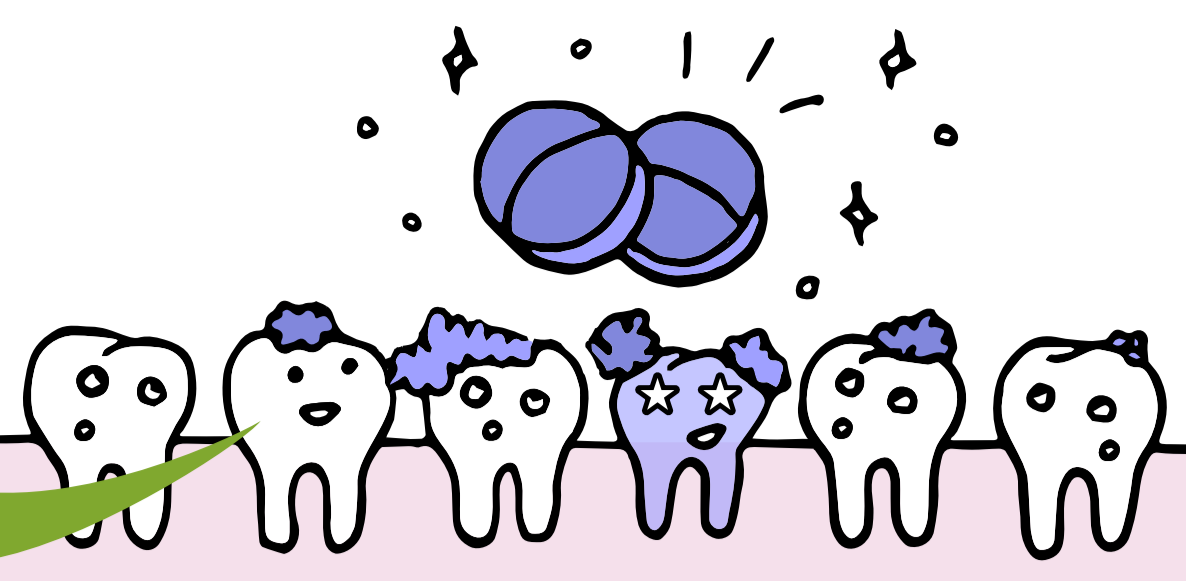


# 8 steps to disclosing tablets



The disclosing tablets can stain your tongue and sometimes lips so ideally put some lip balm on first and don't do it just before going out.

- 1 Brush your teeth as best you possibly can.

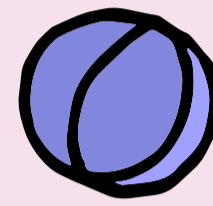


- 2 Helps you become better at brushing your teeth

Chew one disclosing tablet really well.

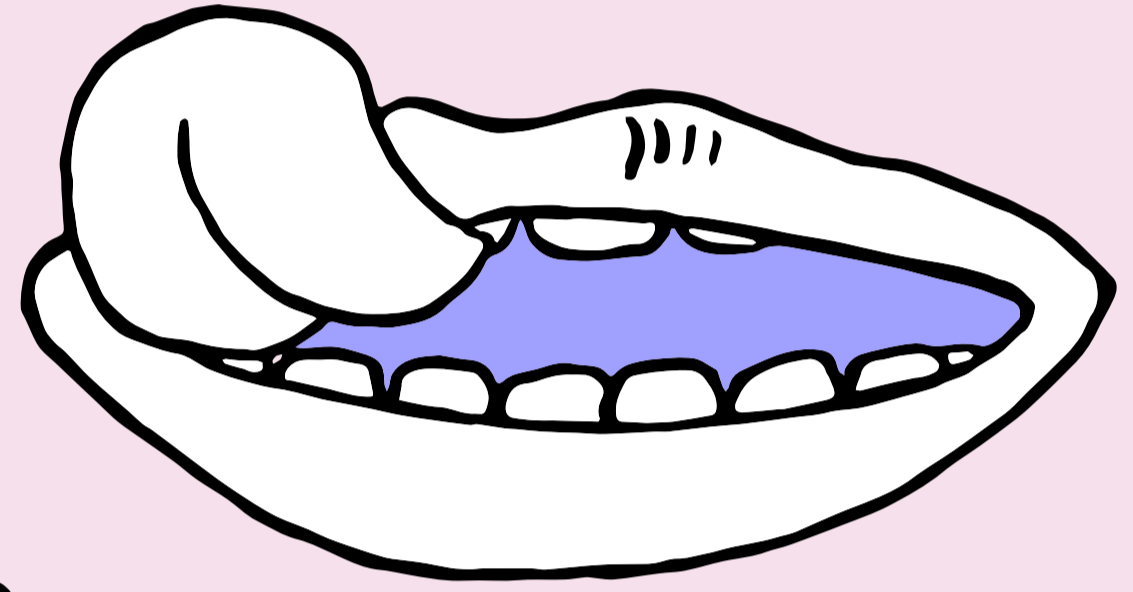
Shows you where the plaque is

**1x**  
DISCLOSING  
TABLET



Prevents germ build up & cavities

- 3 Swish it around your mouth and use your tongue to spread it over your teeth.

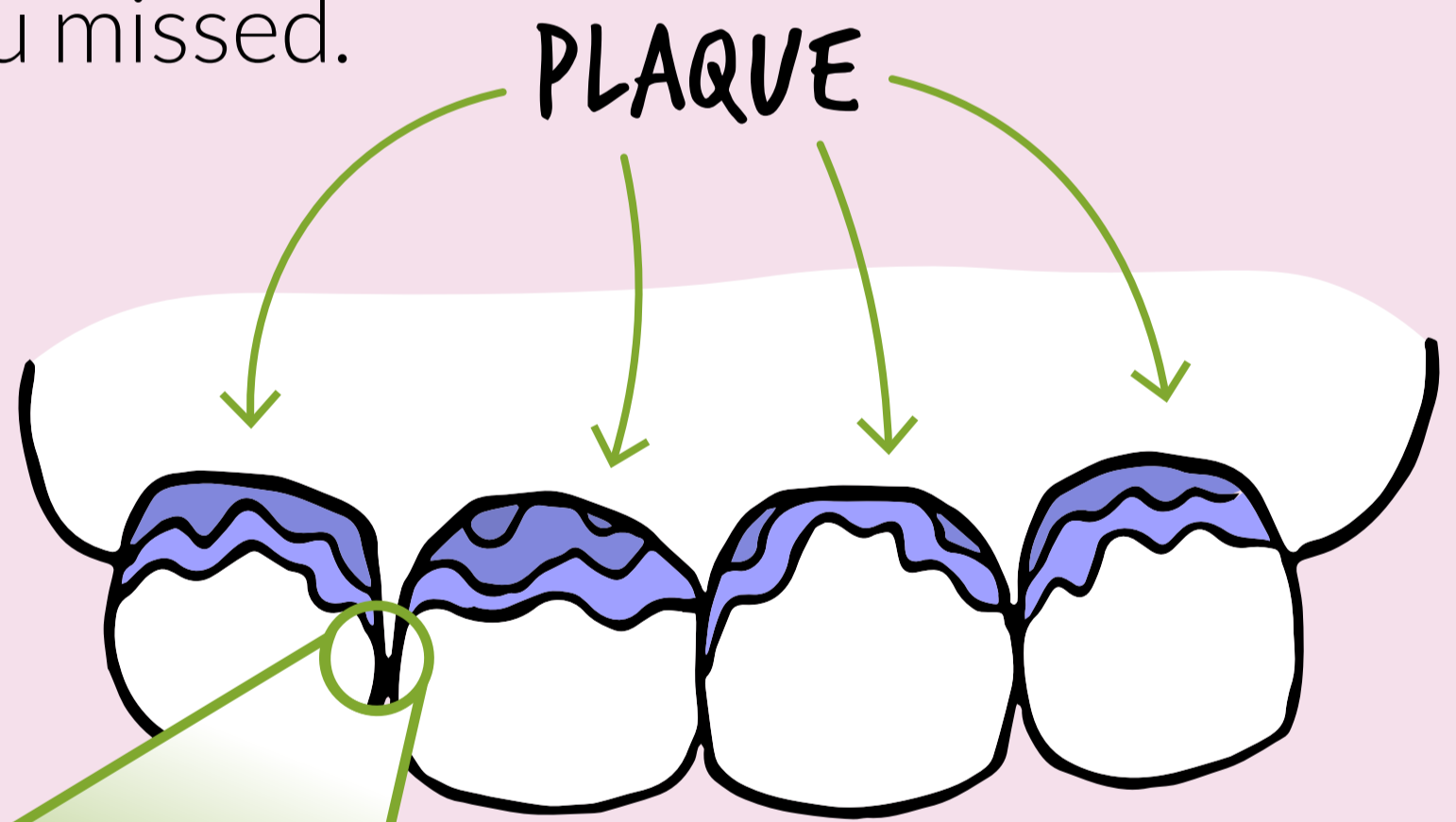


4

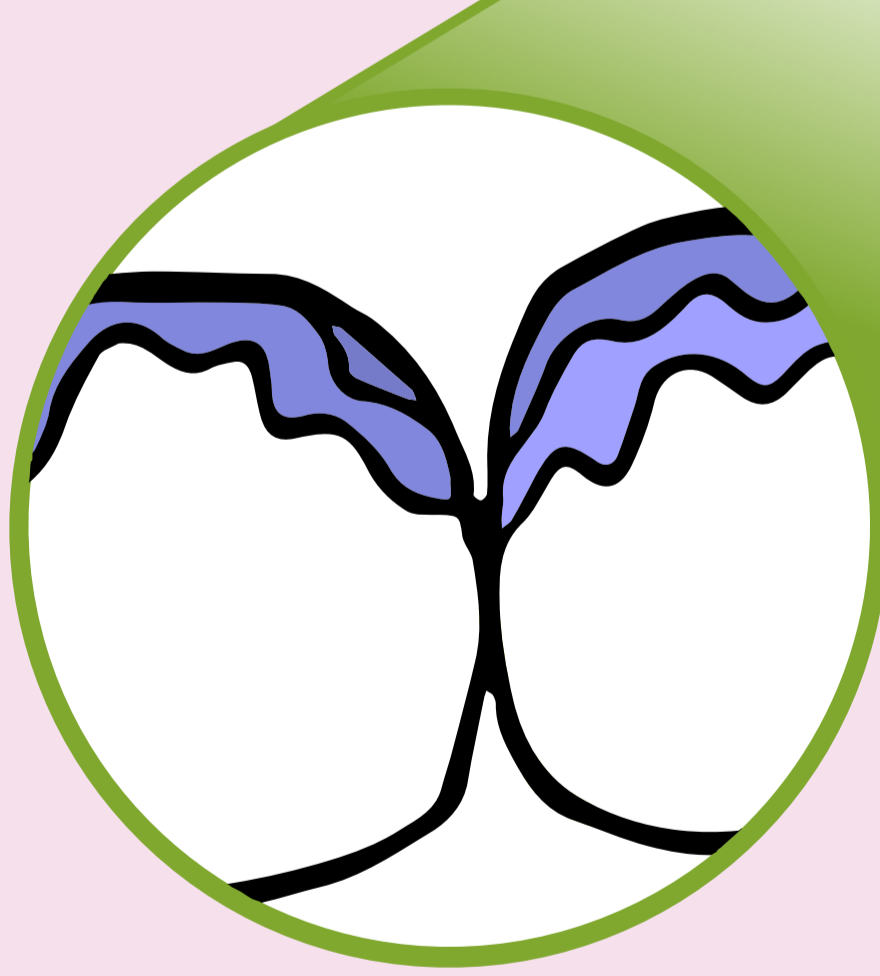


Have a really good rinse.

- 5 Have a look in the mirror and the stained stuff is the plaque you missed.

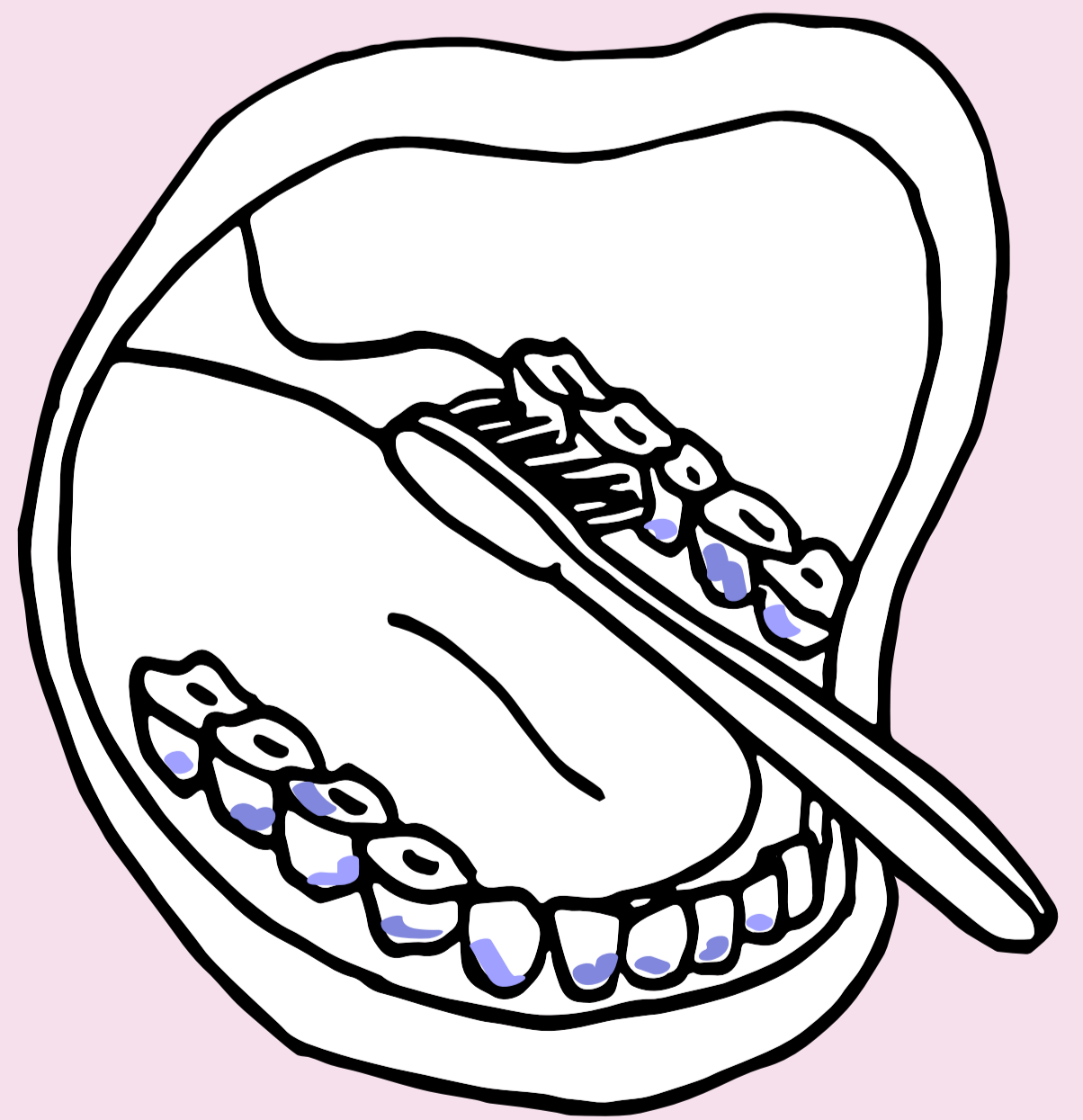


6



Generally darker stained plaque has been there longer.

- 7 Brush it off, taking note of where you missed before



8



Do this three days in a row at least and maybe a refresher once a month or so to help you get the best out of your brushing