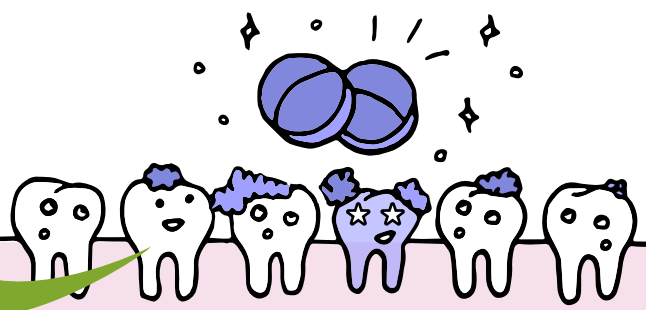


8 steps

to disclosing tablets



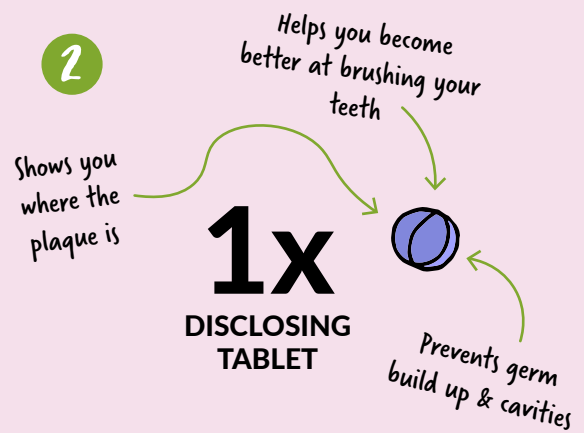
The disclosing tablets can stain your tongue and sometimes lips so ideally put some lip balm on first and don't do it just before going out.

1



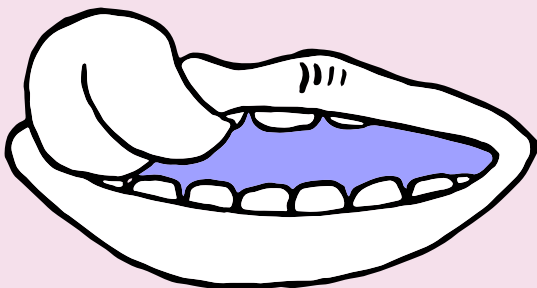
Brush your teeth as best you possibly can.

2



Chew one disclosing tablet really well.

3



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

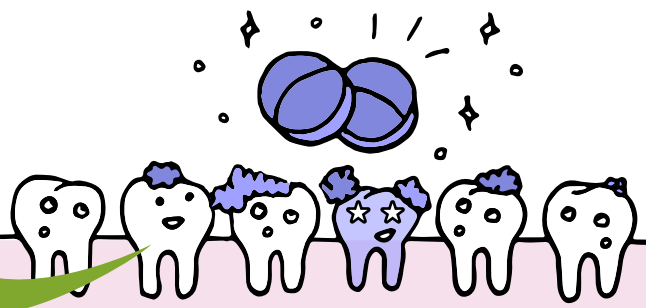
4



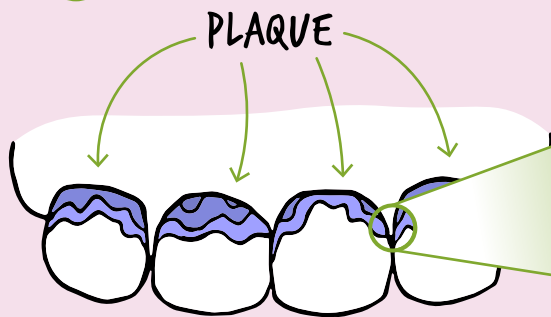
Have a really good rinse.

8 steps

to disclosing tablets

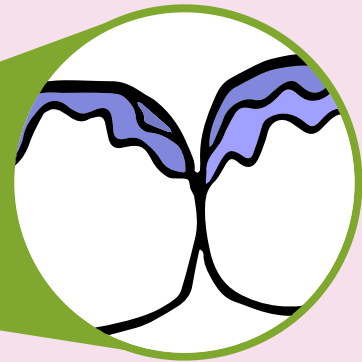


5



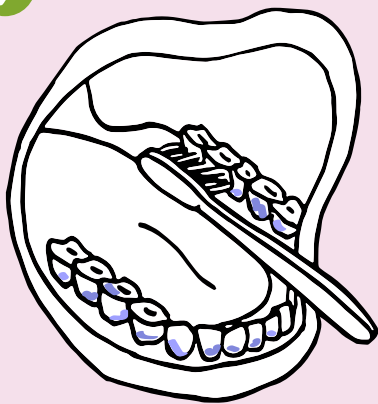
Have a look in the mirror and the stained stuff is the plaque you missed.

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