

Teeth Protection Schedule

Heal & Protect Your Teeth

Morning & Night

1. Rinse with small amount CloSYS 30 seconds.
2. Brush teeth with Crest Regular. Make sure to use a circular motion where the gums meet the teeth.
3. Rinse with small amount Listerine Regular 30 seconds.
4. Rinse with small amount ACT Anti-Cavity 30 seconds.
5. Rinse toothbrush in Listerine 30 seconds. Stand to dry.
6. Have 3 to 5 small servings of Xylitol in some form during the day.

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