



True Smile System

Complete Oral Care

#1

Brush & Rinse

Step #1

PRE-RINSE (30 seconds)

- ✓ Closys Mouthwash (Original, Unflavored)

Step #2

BRUSH (2 minutes)

- ✓ Philips Sonicare or Oral-B Electric Toothbrush
- ✓ Crest Pro-Health or Colgate Total Toothpaste

#2

Floss & Rinse

Step #3

FLOSS (2 minutes)

- ✓ Oral-B Glide Pro-Health

- ✓ Waterpik Professional Water Flosser

then

Step #4

FLUORIDE RINSE (1 minute)

- ✓ ACT Anticavity (alcohol-free)

#3

Prevent & Protect

Step #5

SUPPLEMENT (daily)

- ✓ Oral Probiotic (mint or gum)
- ✓ Xylitol (mint, gum, drink mix, sweetener)