

# True *WHITE* Smile System



## RINSE & CLEAN

### Step #1

#### PRE-WHITEN (30 seconds)

- ✓ Supersmile Whitening Pre-Rinse

### Step #2

#### BRUSH & FLOSS (2.5 minutes)

- ✓ Philips Sonicare or Oral-B Electric Toothbrush
- ✓ Crest 3D White Brilliance 2 Step Toothpaste
- ✓ Waterpik Professional Water Flosser

## WHITEN & RESTORE

### Step #3

#### WHITEN (follow manufacturer directions)

- ✓ Tray-Based Gel Kits, Gel Pen Kits, Strips, etc.

### Step #4

#### WHITENING FLUORIDE RINSE (1 minute)

- ✓ Listerine Healthy White Restoring Mouthwash

## PREVENT & PROTECT

### Step #5

#### DAILY MAINTENANCE

- ✓ Brush & Floss twice per day
- ✓ Mints or Gum with 100% Xylitol (Spry, Epic)
- ✓ Avoid stain inducing foods (coffee, dark teas, red wine, berries, tomato sauce)