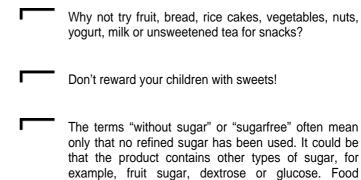
Why do I need healthy teeth?

EAFLET

Dear Parents		
Nature gave us healthy teeth.		
With proper care and nutrition, gums will remain healthy for life		
This leaflet shows you the way dental problems. Loss of teeth avoided.		
Protect your teeth from tooth deconsequences.	ecay and its	
This is what to do:	_	Eat sugar, and sweetened foods containing flour, only with main meals.
	_	Avoid between-meal snacks.
	_	Brush teeth three times daily with a toothpaste containing fluoride.
	_	Change toothbrushes regularly. At least once every three months.
	_	Children under 6 years old need your help.
	_	When cooking use the fluoride-containing salt with the green label.
	_	Children 6 years and older, as well as adults, should apply a fluoride gel once a week (available from pharmacies and drug stores).

Schedule a regular, annual dental checkup.

Important:



similar foods.

Cavities (holes in teeth) are always the result of sugar consumption. This includes hidden sugar, as found, for example, in ice tea, breakfast cereals, ketchup or

products containing these types of sugar, when heavily consumed, are also the source of cavities.

Only the term "Zahnfreundlich" (tooth-friendly) assures that the sweetening in a product will not be harmful.



Tooth friendly - scientifically tested

The milk teeth are important. They are necessary for eating and speaking, as well as for making space for permanent teeth. Early tooth loss is usually caused by teeth that are poorly positioned. For this reason tooth care must begin with the first milk tooth. Protect your child from the pain caused by cavities.

You will save yourself and your child pain, fear, time and money by following the points outlined above. A sparkling smile is yours for life when you take this advice and these recommendations seriously.