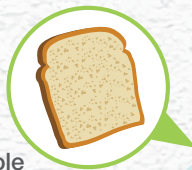


Can Healthy Food Be Bad for Your Teeth?



Did you know that even food that are seemingly healthy for your body can be bad for your teeth?



Whole Wheat Bread
Sticks to the crevices of your teeth and causes cavities.



Dried Fruits
Its sticky texture means it can get stuck and cling to your teeth.



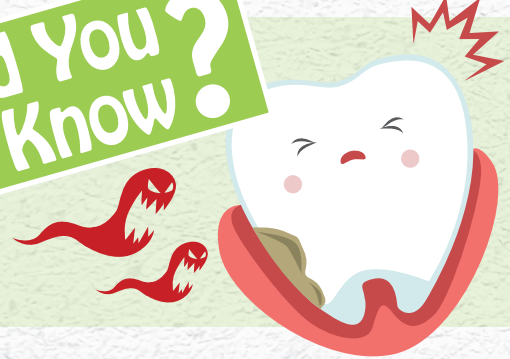
Citrus Fruits
Acid from citrus fruits like oranges or lemons can erode enamel.



Isotonic Carbonated Drinks
Contain phosphoric and citric acids that can cause tooth decay.



Did You Know?



Fruits or whole wheat bread – can also be bad for your teeth as they still contain sugar which promotes the build-up of plaque. When the sugars in your mouth encounter plaque, it creates acid that attacks teeth for >20 minutes after eating, leading to tooth decay. Hence, avoid brushing directly after consuming acidic foods. Acid softens your enamel and brushing too soon will only speed up tooth wear before the enamel has time to settle again.

How to Protect your Teeth and Gums?



1 Eat acidic foods together with alkaline foods such as oatmeal, apples and eggs.

2 Visit your dentist twice a year for regular check-ups and dental cleanings.



3 Practise good daily oral care by pairing a GLISTER™ Advanced Toothbrush with either the GLISTER Multi-Action Fluoride Toothpaste or GLISTER Multi-Action White Tea Toothpaste.

All-In-One Multi-Benefit with Total Protection

GLISTER™
Multi-Action
Fluoride
Toothpaste



Limited
Edition

GLISTER
Multi-Action
White Tea
Toothpaste



Safely Cleans
Teeth



Fights Plaque



Prevents Cavities



Gently Polishes
Teeth



Freshens Breath



Whitens Teeth



Helps Remove
Stains

Amway™