

HEALTHY SMILES

Choose a fluoride toothpaste for your whānau. Fluoride strengthens and protects teeth.
These toothpastes contain the recommended amount of fluoride.

1450ppm*



1000ppm*



Brush with at least 1000ppm fluoride toothpaste twice a day for 2 minutes to avoid tooth decay



Under 6 years
use a smear
of toothpaste



From 6 years
use a pea sized
amount
of toothpaste



*ppm = parts per million

Canterbury
District Health Board
Te Poari Hauora o Waitaha

