

How to Have Healthy Teeth

Brush teeth
at least 2 times
a day, every day



Rinse mouth
with water after
sugary foods

... Vitamin E 25% • Thiamin 25% • Riboflavin
25% • Pantothenic Acid 25% • Phosphorus 2
... um 35%

CORN SYRUP, INVERT SUGAR, PEANUT BUTTER (PEANUT
ROB SEED GUM, BETA-CAROTENE), CHOCOLATE FLAVORED C
FLAVOR, CORN SYRUP, ACACIA GUM, FRUCTOSE SYRUP, PE
PHOSPHATE, SALT, VITAMIN AND MINERAL BLEND (CALCIU
OUS FUMARATE, PYRIDOXINE HYDROCHLORIDE, VITAMIN A PA
AMIN:
S EGGS, TREE NUTS AND WHEAT

Avoid foods and drinks
with sugar at the top of
the ingredients list.

