Dentist Recommendation

Dental Professional instructions/comments:

Next Appointment:

My toothbrushing goals Where am I missing when brushing/flossing?



How can I prevent tooth decay?

- Reduce snacking between meals
- Remove plague by brushing twice daily with a fluoride toothpaste
- Take care to do a good job with your brushing, especially along the gum line
- Choose tap water to drink

My diet goals

- Reduce between meal snacking to
 - per day
- 2. Reduce sugary drinks consumed to
- per day
- 3. Reduce sugar added to tea/coffee, etc to





CARIES PREVENTION

Colgate NeutraFluor 5000 Plus Toothpaste*



Colgate NeutraFluor 5000 Sensitive Toothpaste*



Colgate NeutraFluor 220 Alcohol Free **Daily Mouthrinse**



Colgate NeutraFluor 900 Mouthrinse



Colgate Maximum **Cavity Protection** Plus Sugar Acid Neutraliser Toothpaste



Colgate 360° Toothbrush Range



Colgate Total & **Tartar Control Dental Floss**



*To purchase NeutraFluor 5000 products, ask your pharmacist as these products are stored behind the counter.



YOUR PARTNER IN ORAL HEALTH



TOOTHBRUSH

Colgate 360° Sensitive Pro-Relief



Colgate Slim Soft



Colgate Optic White Toothbrush plus Whitening Pen



Colgate Total Interdental Brushes 2mm. 4mm. 5mm. 6mm



My First Colgate 0-2 years



Colgate Junior 2-5 years



Colgate Youth Spiderman & Barbie 5+ years



TOOTHPASTE

Colgate Total



Colgate Total Advanced



Colgate Sensitive Pro-Relief



Colgate Optic White



My First Colgate





Colgate For Kids - Bubble Fruit Sodium Fluoride (1100ppm F)



Colgate For Kids - Sparkling Mint Sodium Fluoride (1000ppm F) 6+ years





MOUTHRINSE

Colgate Total Alcohol Free



Colgate Plax Alcohol Free



Colgate Peroxyl **Alcohol Free**



Colgate Savacol Range



Colgate Dry Mouth Relief



NOTE TO PHARMACIST: These products are available from your local wholesaler. Please contact your pharmabroker representative for more information or to place an order. We do not recommend that you substitute products without having the patient first consult their dental professional. NOTE TO PATIENT: Always read the label and use only as directed. See your dental professional if symptoms persist.

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