

A HAPPY MOUTH IS... WORTH TAKING ACTION FOR!



**1. BRUSH
YOUR TEETH
WITH
FLUORIDE
TOOTHPASTE
TWICE A DAY.**

**2. VISIT THE
DENTIST
REGULARLY.**

**3. EAT
HEALTHY
FOOD AND
AVOID
SUGARY
DRINKS!**

Toothvie



**World Oral
Health Day**
20 March



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