



A chewing stick is personal and should only be used by one and the same person.

Use it twice a day, if you have toothpaste you can put it on the tuft of the stick before you start to clean your teeth.



The making of a chewing stick



Afrikaada TeethSavers



After removing the leaves shorten the sticks



The stick should be between 10 and 15 cm



Chew the stick until it forms a tuft