



10 to 15 cm long



Make a tuft at one end of the stick

Using a chewingstick



1.



2.



3.



4.



Afrikaada TeethSavers

1. Start with the upper jaw and use an up-and-down movement starting from the gum and clean the full surface of the teeth
2. Move the stick slowly forward with a continuous movement all the way around the jaw
3. With the same movement clean the surfaces of the teeth facing the gum
4. Then repeat the routine on all the surfaces of the teeth in the lower jaw

Clean your teeth at least 2 times per day for a minimum of 2 minutes, if you have toothpaste, put it on the tuft of the chewingstick before you start to clean your teeth