

Good oral health is an important part of being healthy. Follow the tangled strings to discover the Bright Smiles Super Powers that can make you a true Tooth Defender.

Just spit after

protection away

toothbrushing, rinsing

washes the fluoride

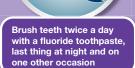
Colgate BRIGHT SMILES, BRIGHT FUTURES

Reduce the amount and

frequency of sugary

foods and drinks





COTI COTI DEFEI

Air

Take care to clean

all tooth surfaces

YOUR PARTNER IN ORAL HEALTH

Colgate

## www.colgate.co.uk

Visit the dentist

regularly