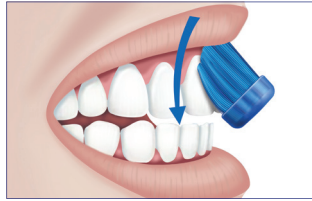


HOW TO KEEP YOUR GUMS HEALTHY

Regular brushing with a good technique and cleaning between your teeth with interdental brushes (or floss if these do not fit) is the best way to keep your teeth and gums healthy. Here is a suggested brushing technique if you use a manual toothbrush.



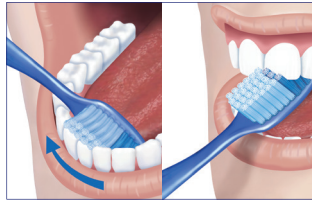
Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.



Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth and rolling motion. Move brush to the next group of 2-3 teeth and repeat.



Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth and rolling motion along all of the inner tooth surfaces.



Tilt brush vertically behind the front teeth. Make several up and down strokes using the front half of the brush.



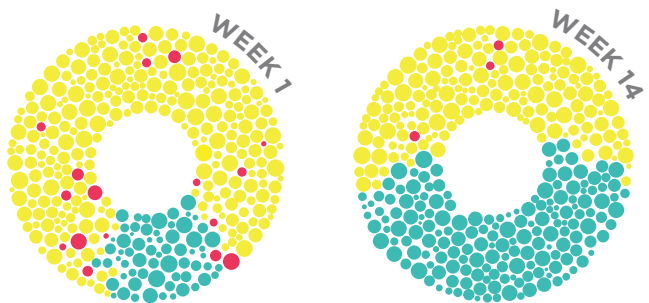
Place the brush against the biting surface of the teeth and use a gentle back forth and scrubbing motion.

ZENDIUM HELPS YOU TO LOOK AFTER YOUR GUMS, NATURALLY

Zendium, with the same enzymes and proteins as those naturally present in your mouth, is clinically proven to boost good bacteria while reducing bad bacteria* helping to protect your mouth naturally. Used daily, Zendium gives you healthy gums**, strong teeth and up to 12 hours fresher breath,† naturally.



Zendium toothpaste is proven to boost good bacteria in 14 weeks*



● Good bacteria associated with health ● Bad bacteria associated with gum problems ● Unassociated bacteria

Available at
amazon

*Refers to the gum health and gum problems associated bacterial species in dental plaque which changed significantly over a 14-week clinical study with 102 subjects.**Based on results in 113 people who used Zendium, in a gum health clinical study, UK 2017.†In vivo study on 93 subjects during 4 weeks, regular use, UK 2017.

HOW TO HELP YOUR ULCERS HEAL

1 in 5 people regularly suffer from mouth ulcers. Although they are common and generally harmless, they can be painful. Ulcers usually go away on their own, however here are a few suggestions that may help heal them faster.

- Clean your teeth with a soft toothbrush and maintain good oral hygiene.
- Gels or creams that you put over the ulcer can help to protect it from further irritation. Ask your dentist or pharmacist for a recommendation.
- Rinse your mouth with saline water (a mix of one to two teaspoons of salt in a glass of warm water). Repeat a few times a day.
- People who suffer with ulcers may be more sensitive to a foaming agent called sodium lauryl sulphate (SLS) so may benefit from a toothpaste without this ingredient.



ZENDIUM IS GENTLE ON YOUR MOUTH



Zendium toothpaste is SLS-free and has a mild taste. It foams gently without the use of harsh chemicals, making it suitable for people with sensitive mouths, such as people prone to mouth ulcers and a dry mouth. It also contains 93% naturally sourced ingredients.

0% TRICLOSAN
PARABENS
SLS FOAMING AGENT

