

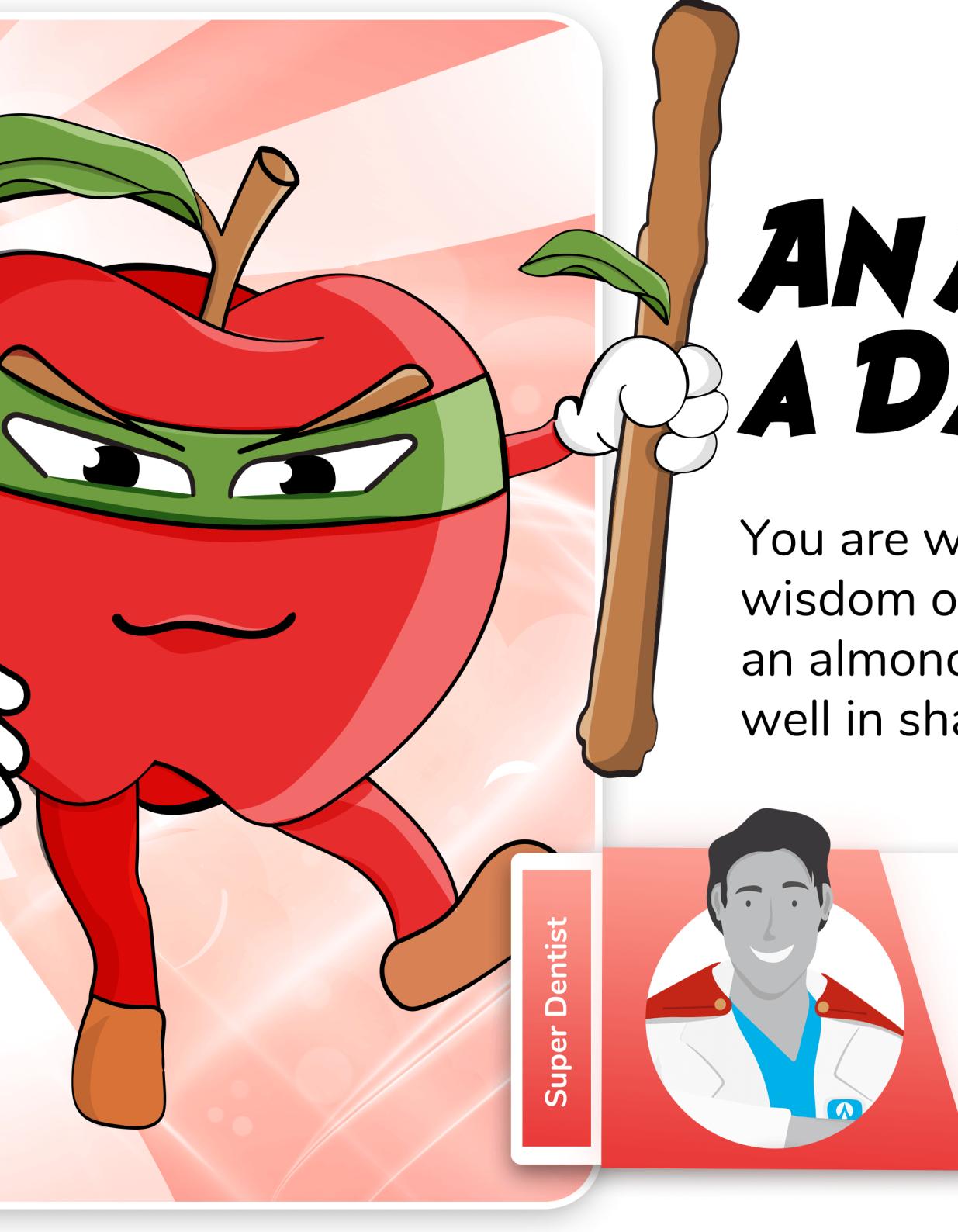


# Timeless Dental Health Advice

+ Super Dentist's Tips

[www.jawsofbattle.dentacoin.com](http://www.jawsofbattle.dentacoin.com)





# **AN APPLE A DAY**

You are what you eat, so goes the wisdom of your teeth. Treat them with an almond, celery, or milk to keep them well in shape.



**Food high in calcium and fiber is as good for teeth, as it is for the entire body.**

Super Dentist



# **SUGAR, ICE & EVERYTHING NICE**

Indulging in the sugary treats is surely a pleasure, but the sticky, the starchy and the frozen are the mortal enemies of healthy teeth.



Forget the sweets and grab some nuts or fruit to satisfy your munchies, instead.

Super Dentist



# **CHEW, OPEN, GRIND**

Your teeth have feelings too!  
Let your hands do the heavy-lifting,  
for it is you who will be crying, if you  
do it with the teeth instead.

Biting into hard objects  
is a recipe for broken teeth.  
Chew food, rather than pens.



# **TASTY TEETH TO EAT**

Being your teeth is not a simple task.  
Brush them twice a day to prevent them  
from becoming a lurking disease's easy  
yummy snack.



**A consistent routine is  
more than half the battle.  
Treatment is the last resort.**



# A FRIEND IN NEED

When your mouth is in trouble - you know who to call. But do you know that a regular checkup is a dentist's greatest healing trick?

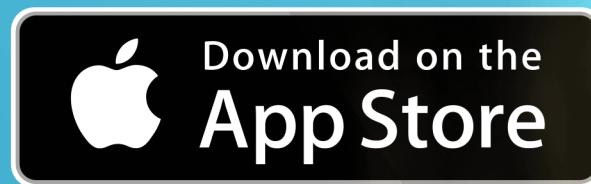


Having regular checkups is how you can avoid bigger toothaches in the future.

Super Dentist



***BRUSH YOUR WAY  
TO VICTORY***



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