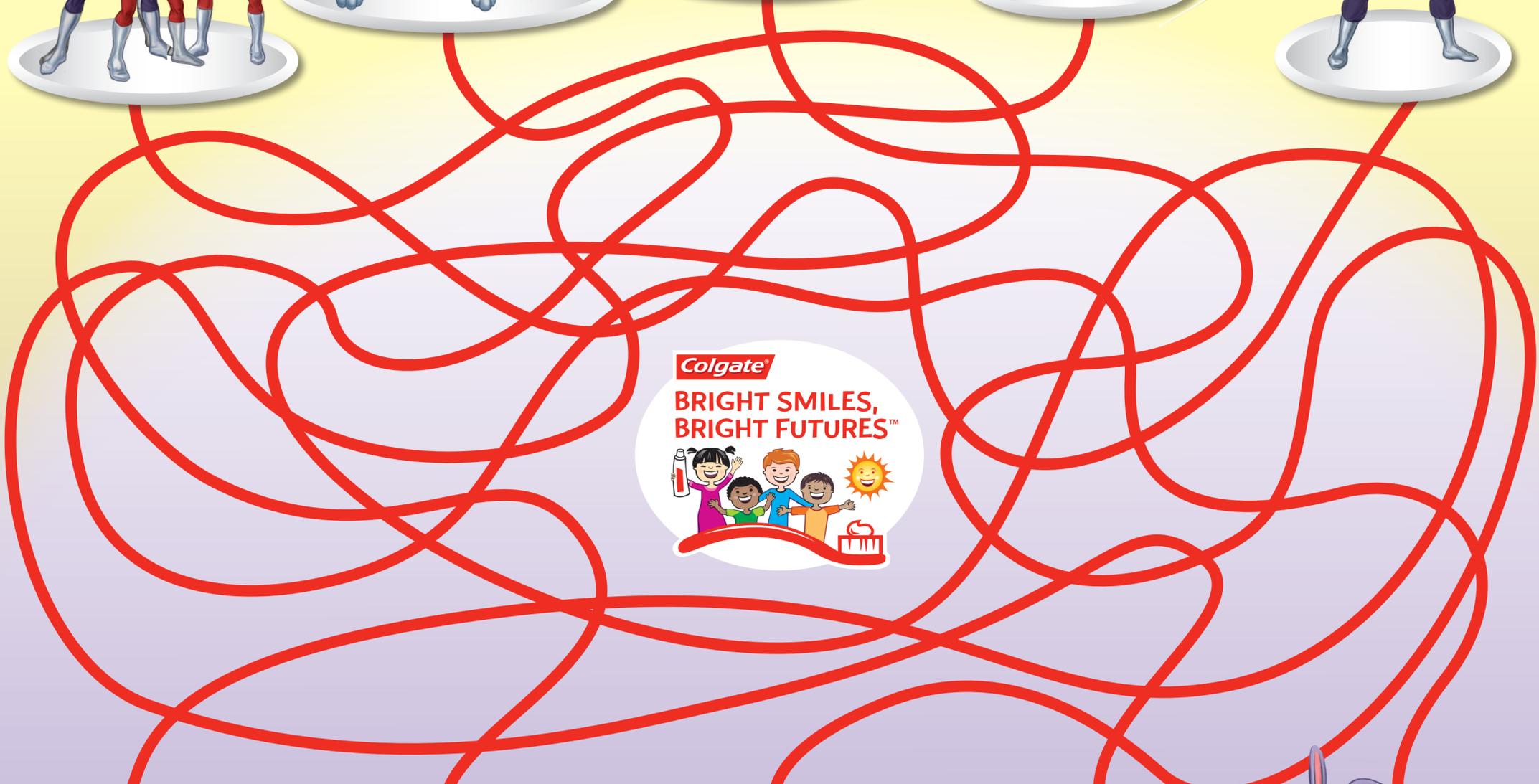


# TOOTH DEFENDER! Challenge

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!



Brush thoroughly with fluoride toothpaste at least twice a day, especially after eating breakfast and before bedtime



Floss daily



Use fluoride rinse



Limit the number of times you eat sweet and sticky snacks



Visit the dentist regularly