

# A Good Oral Care Routine

Maintain a healthy oral care routine by following these five easy steps:



**Visit your dentist regularly**



**Brush your teeth twice a day**



**Floss daily**



**Chew sugarfree gum after eating and drinking when “on-the-go”**



**A balanced diet that is low in sugars is essential to maintaining healthy teeth**



*The ADA supports chewing sugarfree gum like Wrigley's Extra*



For any questions please contact the Extra Oral Healthcare Program on [oralcare@wrigley.com](mailto:oralcare@wrigley.com)