

You can buy family fluoride toothpaste at your local supermarket.



Tameside  
**Family Hubs**

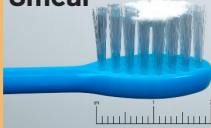
### INGREDIENTS

Aqua (Water), Hydrated Silica, Sorbitol, Sodium Lauryl Sulfate, Cellulose Gum, Aroma, Zinc Citrate, Sodium Benzoate, Sodium Fluoride, Sodium Saccharin, Menthol, Calcium Glycerophosphate, 2-Bromo 2-Nitropropane 1, 3-Diol., CI 77891.  
Contains Sodium Fluoride 0.32% w/w (1450ppm F).

Always look for a toothpaste that contains between 1,350 - 1,500ppm (parts per million) of fluoride.

# Top tips for using fluoride toothpaste:

Smear

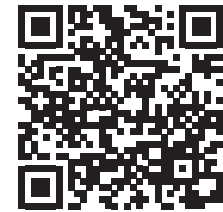


- Parents or carers should use no more than a **smear** of toothpaste (a thin film of paste covering less than three-quarters of the child's brush) for children **below 3 years of age**.

Pea-size



- Parents or carers should use no more than a **pea-size** amount of toothpaste for children between **3 and 6 years**.
- Brush all tooth surfaces at least twice a day; last thing at night or bedtime and on at least one other occasion.
- Spit out after brushing, don't rinse the mouth with water or mouthwash.



Scan the QR code for more information.