

# LIFE HACK

## FOR A CLEANER MOUTH ON THE GO!



**World Oral  
Health Day**  
20 March



**CHEW SUGAR-FREE GUM**  
AFTER MEALS...





**...IT HELPS WASH  
AWAY FOOD BITS  
AND FIGHT PLAQUE!**





**STAY TUNED FOR MORE  
TOOTHIE LIFE HACKS!**



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