



ADA.org/ncdhm

Brush two minutes, two times a day.
Clean between your teeth daily.
Limit snacks, eat healthy meals.
Visit your dentist regularly.

ADA Foundation

Charitable Assistance | Access to Care | Research | Education

ADA American Dental Association®
America's leading advocate for oral health

Just 2min2x!
Brush 2 minutes 2 times a day
- and YOU can defeat
Monster Mouth, too!