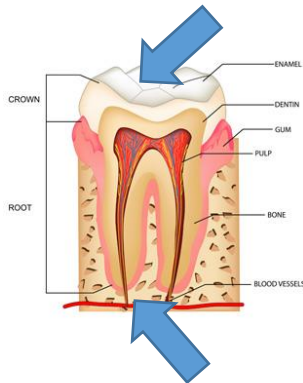


NOURISH YOUR TEETH FROM THE **INSIDE AND OUTSIDE** FOR A BEAUTIFUL, WHITE HEALTHY SMILE AND TEETH THAT ARE STONG, CAVITY RESISTANT, AND SENSITIVE FREE!!!



FROM THE INSIDE -It has been proven with scientific studies over 50 years ago that the nutrients from what we eat enter the blood supply of the teeth to get to the dentin and enamel internally within 1 hour! So the right diet is important...

1. Get plenty of minerals in the diet (calcium, magnesium and phosphorus)
2. Get fat soluble vitamins (A, D, E and K2) (especially D)
3. Minimize consumption of Phytic Acid rich foods (whole grains and legumes) – can prevent mineral absorption
4. Minimize consumption of processed sugar - bacteria turn sugars and refined carbs into acid which causes the cavity.

FROM THE OUTSIDE – we have natural toothpastes with calcium and hydroxyapatite – RISEWELL. These clean and nourish teeth from the outside. You can make your own CLEANING, WHITENING, CAVITY PREVENTING, DESENSITIZING toothpaste:

Remineralizing Toothpaste Ingredients

3 parts Calcium Carbonate powder; 1 part Diatomaceous Earth (optional); 2 parts Baking Soda; 3 parts Xylitol Powder; 3-5 parts Coconut Oil to get the desired consistency; Essential oils for flavor

Remineralizing Toothpaste Instructions

Mix all powdered ingredients (Calcium Carbonat, Baking Soda, Xylitol) well in a bowl. Add Coconut Oil one part at a time until you get desired consistency. Add any optional ingredients, including Essential Oils for flavor. Store in small container like ½ pint glass jar.