



**Why should I use Glister™ Multi-Action Toothpaste?
124106 151ml Toothpaste and 124107 37ml Toothpaste**

Glister™ toothpaste is a well-balanced formula for the whole family. It has been quality-manufactured to ensure effective, yet enamel safe, cleaning and polishing of teeth. It is fully tested to ensure effectiveness in reduction of cavities and fluoride supply to the teeth.

HOW TO USE:

This product is for STEP 1: BRUSH of the Glister Oral Care System. Use every morning and night.

1. After applying Glister Multi-Action Toothpaste to bristles, place your toothbrush at a 45° angle against the gums. Brush back and forth in a circular motion for at least 2 minutes. Do not forget to gently brush your gums as well.
2. Brush the outside, inside and top surfaces of the teeth.
3. Use the tip of the brush to clean the inside of the front teeth with a gentle up-and-down stroke.
4. Lastly, using the textured soft surface on the back of the toothbrush, clean your tongue to remove bacteria and freshen your breath.

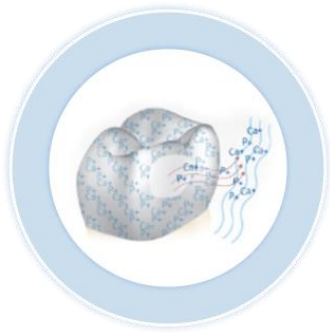
Parents should supervise small children to ensure that they do not swallow any toothpaste.



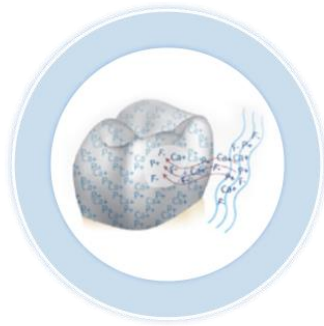
What is Reminact™ Action?

Even with proper oral care, acids in plaque can strip key minerals away from tooth enamel, weakening its protective ability and starting down the road to tooth decay. This process is known as demineralization.

The fluoride in toothpaste helps reverse these effects and restore tooth enamel, a process we refer to as Reminact™ Action. This process promotes the re mineralization of tooth enamel — helping redeposit essential minerals onto the enamel, making teeth stronger and more resistant to decay



Demineralization



Remineralization



Healthy Tooth



**Glitter
Multi-Action
Toothbrush
In Soft 124109 or Medium Bristle 124110**

How long do I need to brush?

Although most people spend barely even a minute, dentists recommend brushing at least 2 minutes to do a thorough job.

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2. Brush the inside, the outside and the top of the teeth.
3. Use the tip of the brush to clean the inside of the front teeth with a gentle up-and-down stroke.
4. Finally, using the textured soft surface on the back of the toothbrush, clean your tongue to remove bacteria and freshen your breath.

Replace your toothbrush at least every 3 months for most effective cleaning.



**Glister™
Multi-Action
Dental Floss 124112**

Why should I use Glister™ Multi-Action Dental Floss?

Flossing is a vital part of your oral care routine. If you do not floss, you could be leaving some of your tooth surfaces uncleaned. In addition, using floss daily promotes healthy gums and enhances overall oral health.

This product is for STEP 2: FLOSS of the Glister Oral Care System. Use at night.

1. Use after brushing. Pull out 12-18" (30-45 cm) of floss and wrap around the middle fingers.
2. Using your thumbs and fingers, gently work the floss between teeth to just below the gum line. Slide the floss against the surface of each tooth.
3. Floss both sides of every tooth. Don't forget the back of the last tooth on both sides, top and bottom. When the floss becomes frayed or dirty, shift to a fresh section of floss.



**Glister™
Multi-Action
Oral Rinse 124108**

Glister™ Multi-Action Oral Rinse has been proven to help reduce plaque formation. Glister™ Multi-Action Oral Rinse contains CPC (Cetylpyridinium Chloride), which is a proven plaque-fighting ingredient. Also, Glister™ Oral Rinse helps clean- between the teeth.

Should I dilute Glister™ Multi-Action Oral Rinse with water?

Yes! Glister™ Oral Rinse is a highly concentrated formula. By diluting according to the directions, you will get up to 100 uses per bottle.

This product is for STEP 3: RINSE of the Glister Oral Care System. Use every morning and night.

1. Dispense 4 pumps of the concentrate into the cap, then fill to the middle line (20ml) with water.
2. Thoroughly and vigorously rinse all areas of the mouth for about 30 seconds, then spit the oral rinse into the sink.
3. Use twice a day after brushing and flossing. Can also be used more often to freshen breath in between brushing.



**Glister™
Multi-Action Mouthwash
With Aloe 124113**

Glister™ Multi-Action Mouthwash has been proven to help reduce plaque formation. Glister™ Multi-Action Mouthwash contains CPC (Cetylpyridinium Chloride), which is a proven plaque-fighting ingredient. Also, Glister™ Mouthwash helps clean-between the teeth.

Should I dilute Glister™ Multi-Action Mouthwash with Aloe?

No, you should not. Glister™ Multi-Action Mouthwash with Aloe is a convenient, ready-to-use formula. Simply fill the cap to the dosage line and start rinsing!

This product is for STEP 3: RINSE of the Glister Oral Care System. Use every morning and night.

To open, squeeze the sides of the cap with your thumb and forefinger and rotate the cap counterclockwise.

1. Pour 15 ml of the mouthwash into the cap, filling to the indicator line. Do not dilute.
2. Thoroughly and vigorously rinse all areas of the mouth for about 30 seconds, then spit the mouthwash into the sink.
3. Use twice a day after brushing and flossing. Can also be used more often to freshen breath in between brushing.

Do not swallow the mouthwash.



**Glister™
Mint Refresher
Spray 124111**

How much Glister™ Mint Refresher Spray should I use at one time?

We've designed the packaging so that each spray of Glister™ Mint Refresher Spray delivers just the right amount of freshness for your whole mouth. One pump is all you need.

This product is for the REFRESH step of the Glister Oral Care System. Use as desired.

1. Hold the container upright.
2. Spray directly into the mouth for quick and easy breath refreshment.