

TOOTHPASTE ADVICE



0 - 5 years
Half pea-size



6 years & over
Pea-size

Use Fluoride Toothpaste

The fluoride in toothpaste helps to prevent tooth decay by strengthening tooth enamel, repairing the early stages of tooth decay and disrupting the growth of bacteria that causes cavities.

Not rinsing after brushing, allows fluoride to remain on the teeth and continue to help protect them.

The Ministry of Health recommends everyone use a toothpaste that contains at least 1000 parts per million (ppm) fluoride to help prevent tooth decay.

Here are some examples of toothpastes that meet this recommendation:



Non-Minty Toothpastes

For those who do not like the taste of mint, here are some examples of non-minty toothpastes that contain at least 1000 ppm fluoride:



Not Recommended

These toothpastes contain no fluoride and are not as effective at helping to prevent tooth decay as toothpaste containing at least 1000 ppm fluoride.



Brush for two minutes, twice a day with a fluoride toothpaste!

(1000ppm fluoride is equal to 0.22% sodium fluoride or 0.76% sodium monofluorophosphate)