



Which toothpaste should you use?

The Ministry of Health recommends that children of all ages should use a fluoride toothpaste containing **at least 1000 parts per million (ppm) fluoride***

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

How much fluoride toothpaste should you use?

0-4 year olds

5 years & older



Smear



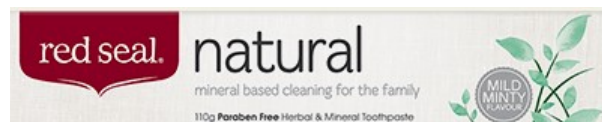
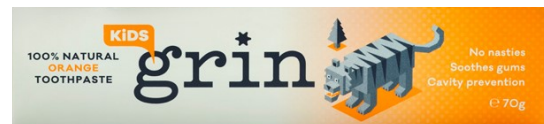
Pea-sized

These toothpastes contain the adequate amount of fluoride to help keep your child's teeth healthy



These toothpastes DO NOT meet the Ministry of Health guidelines

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



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For more information please contact your local Community Dental Clinic or phone 0800 Talk Teeth (0800 825 583) or visit website: www.ards.co.nz