

## STEP-BY-STEP INSTRUCTIONS



1. Place a pea sized amount of toothpaste on a **DRY** toothbrush. Do not wet brush.
2. Brush normally.
3. Continue to look in the mirror as you are brushing, noting and ensuring that you remove all traces of green/teal color.
4. Once you have completed a thorough brushing routine and rinsed completely, the green/teal color will be brushed away and no longer be present.
5. Smile and feel confident you have done a great job brushing!