



ADA.org/ncdhm

Brush two minutes, two times a day.
Clean between your teeth daily.
Limit snacks, eat healthy meals.
Visit your dentist regularly.

ADA Foundation
Charitable Assistance | Access to Care | Research | Education

ADA American Dental Association®
America's leading advocate for oral health

2min2x!

Brush 2 minutes 2 times a day
AND eat healthy for
a healthy smile!



**PARA
UNA
SONRISA
BRILLANTE!**



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Cepíllate dos minutos, dos veces al día.
Limpia entre tus dientes a diario.
Limita los refrigerios, come saludable.
Visita al dentista regularmente.

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i2min2x!

**iCepíllate 2 minutos 2 veces al día
y come alimentos saludables
para una sonrisa sana!**