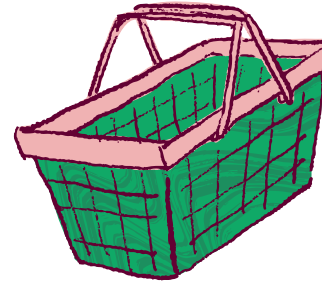


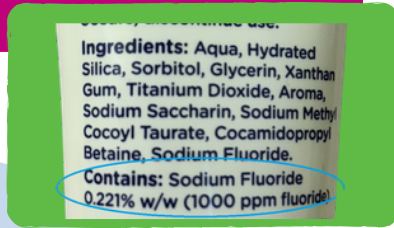
SHOPPING FOR TOOTHPASTE?



Using a Fluoride toothpaste helps protect against tooth decay. The Fluoride level is measured in parts per million (ppm).

The recommendations for children are:
Babies/children to use toothpaste with at least 1000ppm Fluoride
Over 7s and adults to use toothpaste with 1350ppm-1500ppm Fluoride

Recognised brands



Often contain 1350-1450ppm

Whitening toothpastes are not suitable for children's teeth as they can be too abrasive!

Economy toothpastes

These can be a great option for saving money and the whole family can use them.



Flavoured toothpastes

These often contain 1,000ppm or more. It's advised to start babies/children on a minty toothpaste straight away and to avoid sweet flavoured toothpastes.

However, if a child is sensitive to strong mint flavours try a fruit flavoured paste with the correct fluoride content like these.



Ages and stages

These toothpastes are fine to use. The ages and fluoride content are clearly labelled.

However, it is not necessary to buy multiple tubes! One family toothpaste like the supermarket own or recognised brands will do for all!



Unflavoured and non-foaming toothpaste



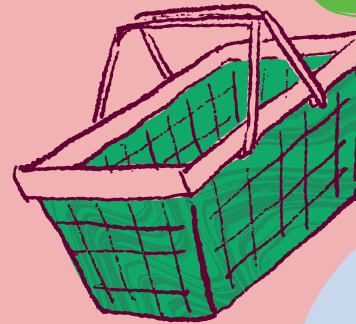
OraNurse is used widely in special schools and care homes as it does not have a flavour and doesn't foam like regular toothpastes.

OraNurse can be bought online or you can ask your local pharmacist.

Brands of non-foaming (SLS free) toothpaste and the fluoride content	
Sensodyne daily care gel	1450ppm
Sensodyne daily care	1450ppm
Oranurse unflavoured toothpaste	1450ppm
Sensodyne pronamel	1450ppm
Retardex toothpaste	1450ppm
Aquafresh children's little teeth	1000ppm
Oralieve moisturising toothpaste	1400ppm
BioXtra toothpaste	1450ppm
Biotene toothpaste	1450ppm
	1000ppm



Look for the fluoride level in toothpastes rather than the age they are aimed at.



'Trendy' toothpastes

Some toothpastes aimed at teenagers and young adults contain less than 1350ppm which is the minimum level for anyone aged 7 or over, including adults.



TOOTHBRUSHING TIPS...

Spit out after brushing - don't rinse out with water or mouthwash

Brush teeth at least twice a day

Try to keep sugar to mealtimes

