The USANA lifestyle involves all aspects of your health, including your teeth and gums. Neglecting your oral hygiene can have drastic effects on your dental health and quality of life. Dental problems resulting from inadequate dental care range from tooth decay to periodontal disease. Poor dental health is not inevitable. There are several steps you can take to maintain healthy teeth and gums.

Avoid Sugary Foods
Good dental health begins with a good diet. Foods high in refined sugars and starches can be harmful to teeth and gums. A first step in tooth decay is the formation of acid produced through bacterial sugar metabolism. This acid can eat away at a tooth’s protective surface (enamel) in as little as 20 minutes after eating and eventually lead to cavities. Bacteria are the culprits behind gum disease. Without proper brushing and flossing, bacteria can accumulate on the teeth. These sticky bacteria may release toxins, which damage the gums through inflammation and infection.

Brush and Floss Often
Brushing your teeth for two minutes at least twice a day will help to remove the film of plaque bacteria from your teeth that causes cavities. Flossing every day, before you brush, will help remove the bacteria and food particles from between teeth, where a toothbrush cannot reach.

Get Regular Dental Check-ups
Visit your dentist twice a year for a check-up and tooth cleaning. A dentist checks for signs of tooth decay and oral cancer. And professional cleaning of your teeth will remove any plaque buildup that is left after you brush and floss.

Why Natural Whitening Toothpaste?
USANA’s Natural Whitening Toothpaste can be the foundation of an advanced oral health regimen. It contains several key ingredients that will help maintain your healthy smile. Natural Whitening Toothpaste contains ingredients to remove plaque to clean teeth and also fight bacteria to control bad breath. Antioxidants and vitamin complexes help promote healthy teeth and gums while silica lifts stains without bleach or harsh abrasives. And vegetable glycerin from vegetable oils moisturizes gums.

Natural Whitening Toothpaste is also unique for what it doesn’t contain. This refreshing mint toothpaste contains no artificial colours, artificial flavours, or artificial sweeteners.

Using Natural Whitening Toothpaste
Brush your teeth with Natural Whitening Toothpaste for two minutes at least twice daily.