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Prevident Usage Instructions

- Rinse with mouthwash if desired, spit out
- Floss, rinse with water and spit out
- If desired (not necessary) brush with regular toothpaste as normal, rinse with water and spit out
- Brush with Prevident for 2 minutes on all tooth surfaces
- Gather all saliva and spit into sink
- No rinsing, eating or drinking (even water) for 30 minutes

* Do NOT swallow Prevident. If swallowed and upset stomach is noted, drink one glass of milk to inactivate the Fluoride

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