

# #4

## PROPER CHEWING

Try chewing sugarfree gum for 20 minutes after meals, or to help keep your teeth clean when you are on the go. Other benefits of chewing sugarfree gum include helping to:

- 1** Stimulate saliva flow.
- 2** Neutralize plaque acid.
- 3** Maintain tooth mineralization.
- 4** Increase rate of food debris clearance.
- 5** Maintain proper pH.