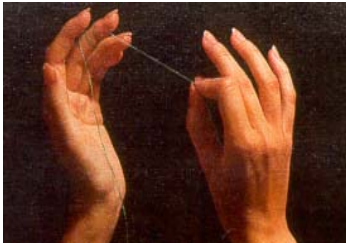
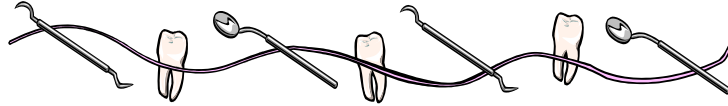
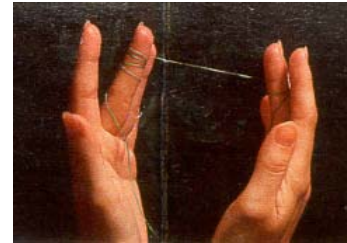




How to Floss



1. Break off about 18 inches of floss and wind most of it around one of your middle fingers.



2. Wind the remaining floss around the same finger of the opposite hand. This finger will "take up" the floss as it becomes soiled.



3. Use your thumbs and forefingers with an inch of floss between them to guide the floss between your teeth.



4. Holding the floss tightly, use a gentle sawing motion to insert the floss between your teeth. Don't snap it in! Curve the floss into a "C" shape and gently slide it under your gum.



5. Holding the floss tightly against the tooth, move the floss away from the gum by scraping the floss up and down against the side of the tooth.



6. Repeat this method on the adjacent tooth. Continue on with the rest of the teeth, using an inch of clean floss between each tooth.