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Instructions on how to brush with the prescription toothpaste for best results:

1. Floss
2. Rinse with Listerine
3. Brush with prescription toothpaste for 2 full minutes.
Do not spit, keep the foam in your mouth and swish it around for additional 30 seconds.
4. Spit and **DO NOT RINSE, EAT OR DRINK FOR 30 MINUTES**