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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 two 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.**