

parodontax



# Gums matter Commit to a healthier you



Your dentist or hygienist has identified that you have areas of **bleeding** and **inflammation**, which are signs of **early gum disease**.



## TRUE OR FALSE

“ Bleeding gums are always caused by **brushing too hard** ”



**False:** When brushed properly, healthy gums shouldn't bleed.

“ Gums **always** recede with age ”



**False:** It can be a sign of gum damage or bone loss.

“ Healthy gums shouldn't **bleed** ”



**True:** Bleeding gums can be a sign of early gingivitis.

**Designed for people  
with bleeding gums**

HEALTHY GUMS

# THE POWER IS IN YOUR HANDS

Get your gum health back on track  
with just a few daily steps



## Two for two

Brush twice a day  
for two minutes.\*



## Mind the gap

Clean daily between  
teeth with an  
interdental brush or floss.



## Brush

Use a small  
brush, ensuring  
bristles aren't  
splayed.



## Toothpaste

Choose a  
toothpaste  
that cares for  
your gums.\*\*



## Mouthwash

Your dentist  
may recommend  
a specialist  
mouthwash.

\*per ADA guidelines  
\*\*with twice daily brushing

# HERE TO HELP

Proven to help improve your gum health



**parodontax Complete Protection toothpaste is clinically proven to help reduce bleeding gums\*\***

Remove more plaque with a specialist daily toothpaste for healthy gums.\*\*

Brush teeth thoroughly, twice a day. Spit out after brushing.

**Brush designed for people with bleeding gums**

parodontax toothbrush is tough on plaque, gentle on gums.

It is recommended that toothbrushes are replaced every 3 months.



**parodontax Active Gum Health mouthwash**

Specialist mouthwash that targets bacteria where brushing alone can't reach.

Vigorously swish 20 milliliters of the rinse between your teeth twice a day for 30 seconds and then spit out.

**FIND OUT MORE AT:**  
[www.parodontax.com](http://www.parodontax.com)  
**parodontax**



\*\*with twice daily brushing

Use as directed on the label of the product

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