





We all know that brushing our teeth is important for good oral hygiene, but what's actually in your toothpaste?

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We don't try to influence. Take on health responsibility. We are on outside opinion that has not been sponsored.

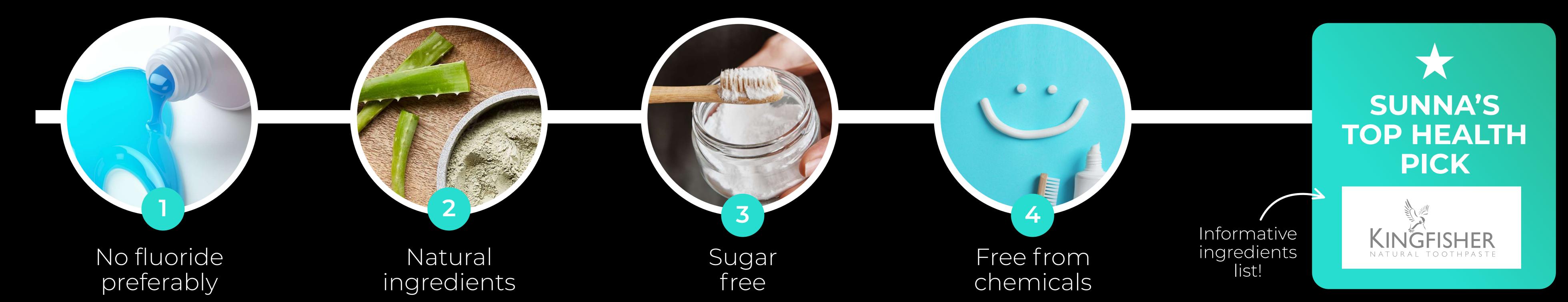




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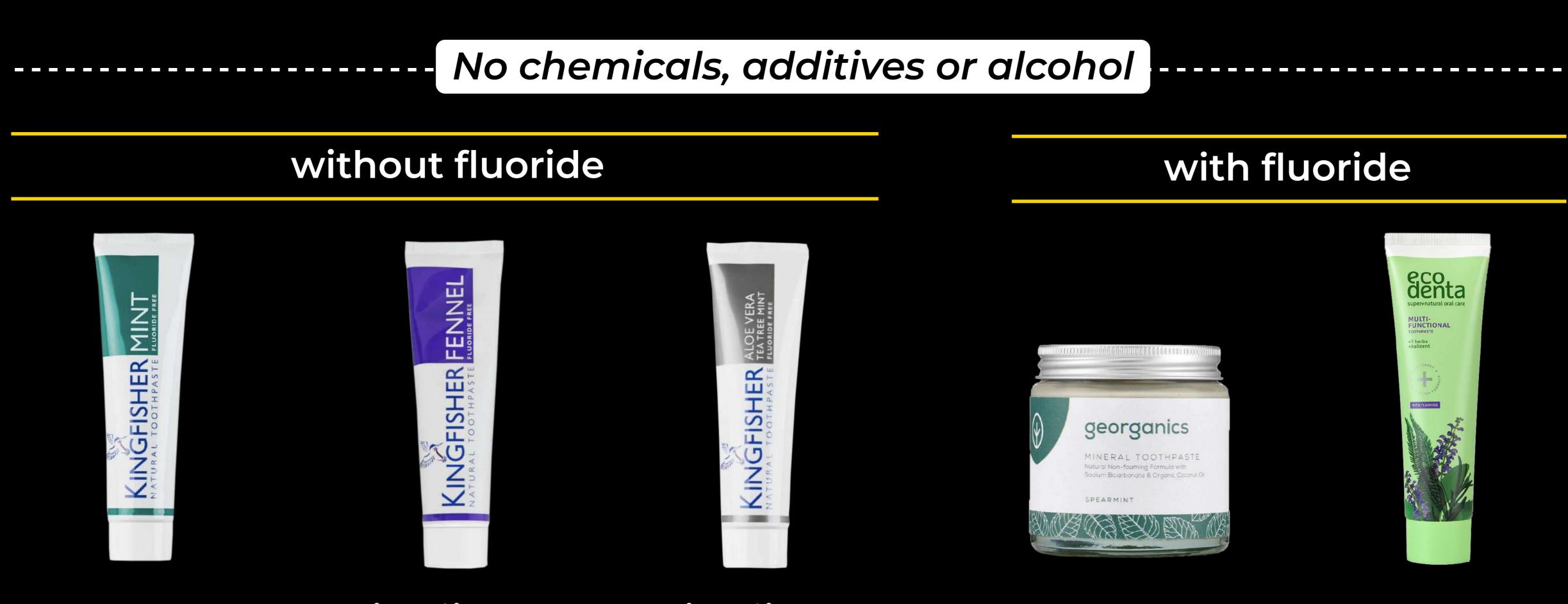
years

CHOOSE











Mint

£4.59

Cocado WAITROSE

Holland&Barrett amazon

£4.19 Cocado Holland&Barrett amazon

Recommended retail prices, (prices differ between

Kingfisher Aloe Vera Tea Tree Mint Fluoride Free

£4.59

Cocado Holland&Barrett amazon

with fluoride



Ecodenta Georganics Mineral Rich Toothpaste

£6.99

Holland&Barrett amazon

Multifunctional Toothpaste with Fluoride

£4.20

Holland&Barrett amazon

Kids Toothpaste

from 0 years

Weleda

Children's **Tooth Gel**

Cocado

Holland&Barrett amazon

£4.25

from 0 years



Ecodenta Wild Strawberry Scented

Toothpaste

£4.20

Holland&Barrett amazon

Brush Baby Tutti Frutti Toothpaste (with fluoride)

£2.80

Cocado amazon

Chemicals such as sodium lauryl sulphate

supermarkets) but promotions often apply.



Whitening toothpastes – these can damage enamel



Long confusing, ingredient lists







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AVOID

Want to ask Sunna a question? Email him on sunnavankampen@tonichealth.co