

BEST OF 2023
TOOTHPASTE



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.



CHOOSE



No chemicals, additives or alcohol

Kids Toothpaste



LOOK FOR

without fluoride			with fluoride	
Kingfisher Mint Fluoride Free	Kingfisher Fennel Fluoride Free	Kingfisher Aloe Vera Tea Tree Mint Fluoride Free	Georganics Mineral Rich Toothpaste	Ecodenta Multifunctional Toothpaste with Fluoride
£4.59	£4.19	£4.59	£6.99	£4.20

from 0 years	from 0 years	3-6 years
Weleda Children's Tooth Gel	Ecodenta Wild Strawberry Scented Toothpaste	Brush Baby Tutti Frutti Toothpaste (with fluoride)
£4.25	£4.20	£2.80

Recommended retail prices, (prices differ between supermarkets) but promotions often apply.

AVOID



- Chemicals such as sodium lauryl sulphate
- Whitening toothpastes – these can damage enamel
- Long confusing, ingredient lists



Yours in health
Sunna
Sunna Van Kampen
Founder, Tonic Health

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