

tonic

SHOPPING GUIDE

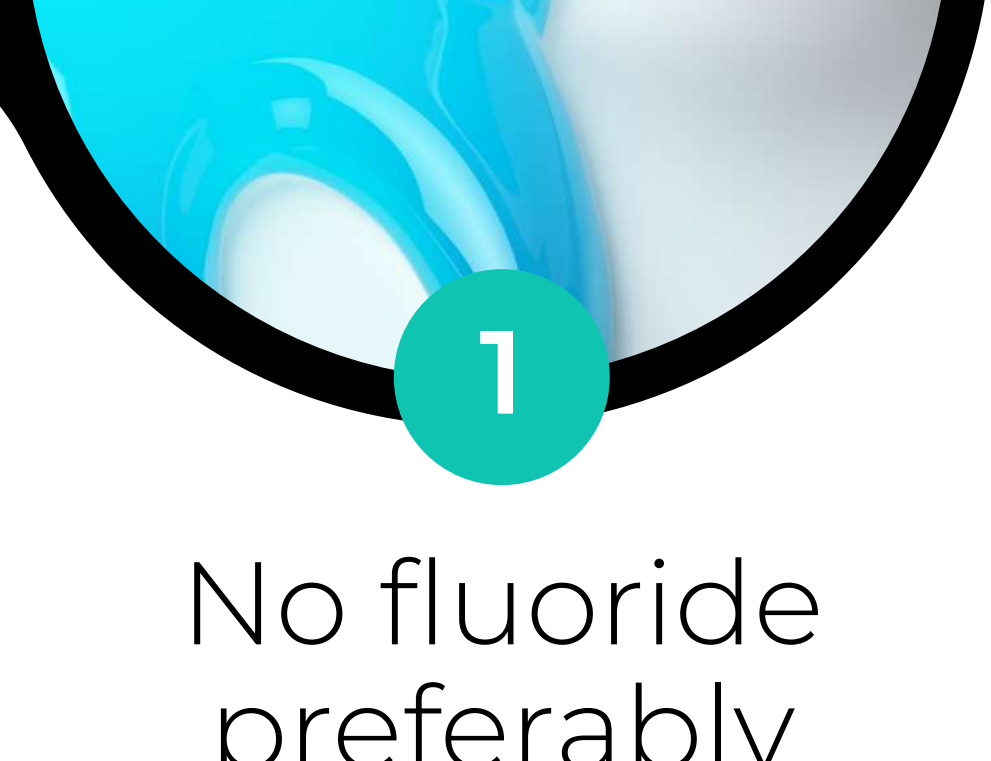


BEST OF 2023

TOOTHPASTE

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

CHOOSE



No fluoride preferably



Natural ingredients



Sugar free



Free from chemicals

SUNNA'S TOP HEALTH PICK



Informative ingredients list!

LOOK FOR

No chemicals, additives or alcohol

without fluoride



Kingfisher Mint

£4.59

ocado WAITROSE
Holland&Barrett amazon



Kingfisher Fennel

£4.19

ocado
Holland&Barrett amazon



Kingfisher Aloe Vera Tea Tree Mint

£4.59

ocado
Holland&Barrett amazon

with fluoride



Georganics Mineral Rich Toothpaste

£6.99

Holland&Barrett amazon



Ecodenta Multifunctional Toothpaste

£4.20

Holland&Barrett amazon

Kids Toothpaste

from 0 years



Weleda Children's Tooth Gel

£4.25

ocado
Holland&Barrett amazon

from 0 years



Ecodenta Wild Strawberry Scented Toothpaste

£4.20

Holland&Barrett amazon

3-6 years



Brush Baby Tutti Frutti Toothpaste (with fluoride)

£2.80

ocado amazon

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

AVOID



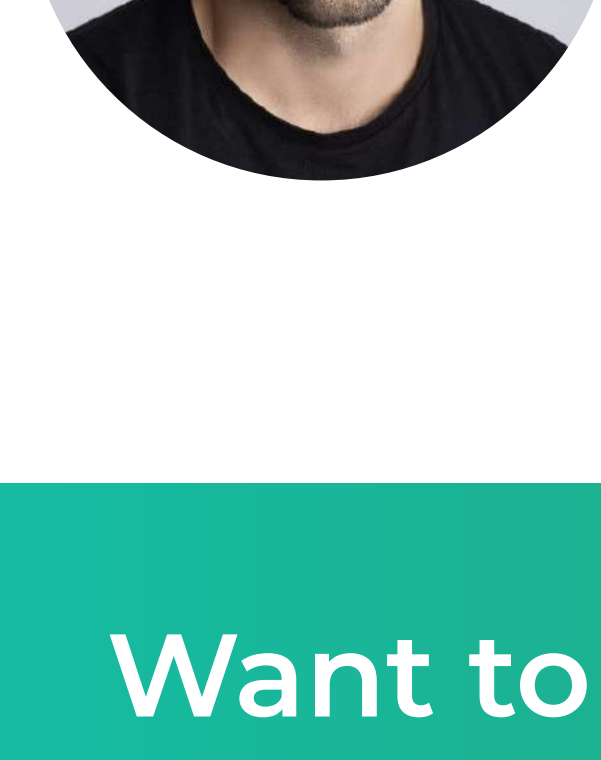
Chemicals such as sodium lauryl sulphate



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

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