



# Want an easy way to stay healthy?

## Start with your mouth.

Caring for your mouth is an easy way to keep your **whole body healthy**.  
It's as simple as flossing and brushing, regular oral health checkups,  
and reducing the time food spends on your teeth.



THE  
**MIGHTY MOUTH**™

Unleash the Power of Oral Health  
[TheMightyMouth.org](http://TheMightyMouth.org)