

The Fresh-Breath Checklist

Your one-page daily routine - stick it on the mirror.

MORNING

- ☐ Scrape your tongue - about 10 seconds, back to front
- ☐ Brush for two minutes
- ☐ Rinse with alcohol-free zinc mouthwash

THROUGH THE DAY

- ☐ Sip water regularly
- ☐ Chew sugar-free gum after meals
- ☐ Go easy on coffee and alcohol
- ☐ Breathe through your nose

NIGHT

- ☐ Brush again before bed
- ☐ Floss or use a water flosser
- ☐ Keep a glass of water by the bed

If bad breath sticks around for more than two to three weeks despite this routine, book a dentist visit.

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