

Oral Care Tips and Tools

*Revitin probiotic toothpaste with
Vitamin C and CoQ10*

Tongue scraper

Water flossers

Oil pulling with coconut oil

Charcoal brushing

Ozonated Paste/Cream

*WO China healing oil
topically on gums*

**Everyday Tools for
Oral Health**

**Occasional
Oral Care Support**



*Tip: Avoid toothpaste with fluoride,
triclosan, or sodium lauryl sulfates.*



**DR. JAY
DAVIDSON**

SIMPLIFYING
COMPLEX
CONDITIONS