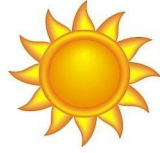


## Boot Camp Routine

### Morning



1. Waterpik– 50/50 Water/ Hydrogen peroxide.



2. Brush regular toothpaste and toothbrush.



3. Rinse with Stella Life for 1 Minute.  
\*Do not exceed 2 weeks of use\*



4. Brush- Prevident 5000- Pea size amount, brush on do not rinse, no food or drink for 30 minutes.



### Evening

1. Waterpik– 50/50 Water/ Hydrogen peroxide.



2. Brush regular toothpaste and toothbrush.



3. Floss– dip flosser in peroxide when flossing in between each tooth.



4. Brush- Prevident 5000- Pea size amount, brush on do not rinse, no food or drink for 30 minutes.



You're doing GREAT!  
Keep up the good work!!