

Tooth Salt

Ingredients:

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| 1. ¼% Fine Earth Salt | 1 tsp |
| 2. ¾ % Fine Bicarbonate of Soda & | 3 tsp |
| 3. Wild oregano oil | 5 drops |

Preparation:

1. Measure the salt and bicarb in a Tribest Personal blender jar.
2. Drop in the wild oregano oil onto the bicarb.
3. Blend until it is a fine and well mixed.
4. Decant the tooth salt in a sealed container, ±100ml.

Keep it in a dry, cool and dark place.

To use:

Wet the toothbrush and shake off the water residue

Dip the front tip of the brush in the tooth salt. The salt will adhere to the brush.

Lightly and evenly distribute the salt mixture on the 4 grinding surfaces of the teeth.

Allow the salt to melt and smoothly and gently brush as normal from the top of the gum to the teeth.

