

Healthy Teeth Checklist



Good Dental Health Habits for a Healthy, Beautiful Smile

Discover for yourself the difference good dental health habits can have on your smile.

The Crest Dental Plan provides the right combination of dental products you need to ensure five signs of a beautiful smile.

1. Fewer cavities

The most important factors to help prevent cavities are good dental hygiene (brush, floss and see your dentist regularly), your diet and fluoride. Crest offers toothpastes such as Crest Cavity Protection that can help strengthen the enamel against cavities.

2. Less tartar

Your toothbrush is your most important dental health tool to help combat tartar. Brushing your teeth regularly helps to prevent tartar buildup. But there is more you can do. Toothpastes such as Crest Tartar Protection, that contain effective combinations of anti-plaque and anti-tartar ingredients, will help reduce tartar formation.

3. Healthy gums

To keep gums firm and healthy, you need to brush and floss regularly.

4. Beautifully white teeth

Keeping your teeth sparkling white is the key to a beautiful smile. Crest offers a variety of whitening solutions that are both effective at removing stains, yet gentle to your teeth enamel.

5. Fresh breath

It is not always easy to know if your own breath is fresh or not. Crest offers a number of products, such as Whitening Plus Scope Mint, that give you the confidence of knowing your breath is as fresh as it feels.

Explore the Crest family of products for your complete dental health, ensuring a healthy, beautiful smile for life! You'll have protection against cavities, tartar, gum disease and more.