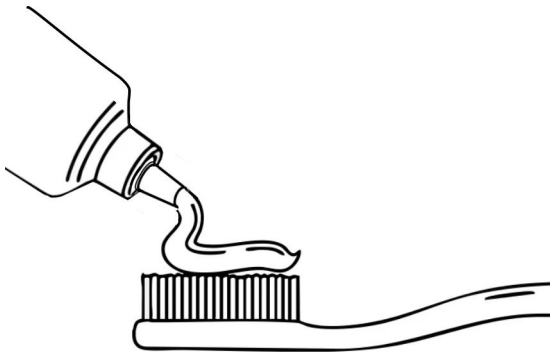
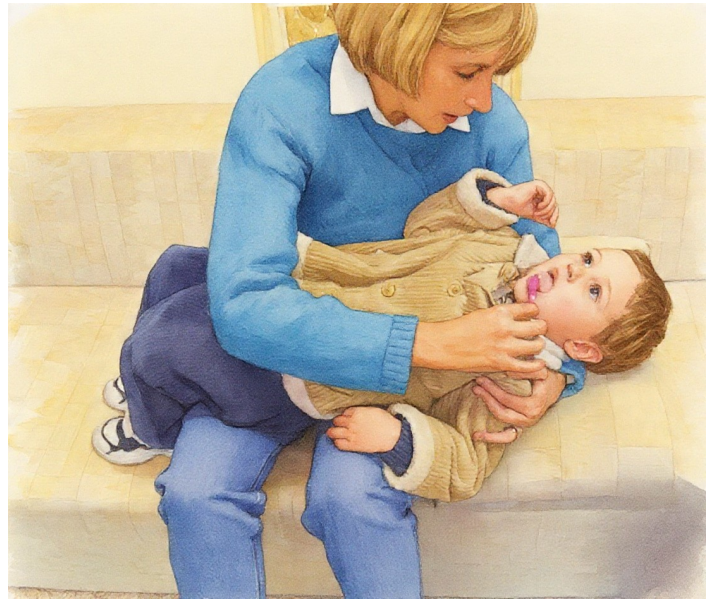


Tips when using Xgel on a toothbrush



Apply Xgel to a dry toothbrush, trying to **avoiding direct contact** with the bristles. Mold contamination on the bristles can be transferred into the spout of the Xgel bottle.

Brush and **do not rinse** afterwards. Leave the gel in the mouth to interfere with the attachment of new plaque. Gel swallowed is beneficial for butyrate producing bacteria in the colon.



Wash the brush well with water to **remove residue gel** from the bristles which could support the growth of airborne mold

Store the toothbrush over a glass etc. with the **bristles facing down** to allow them to dry out completely. This also prevents the brush head from airborne bacteria as well as mold



Regular care of your brush

Regular sterilizing, especially after being sick is recommended.

You can also weekly dip the brush head in a bicarbonate solution and leave over the glass to dry out.

If the bristles show signs of blackening soak in vinegar for +30 minutes wash and dip in a bicarbonate solution and leave to dry.