



How to instructions

The use of GC Tooth Mousse



GC Tooth Mousse does contain milk protein, so it is not suitable if you have a **MILK ALLERGY** or prefer vegan dental products.

GC Tooth Mousse is useful in situations when you are at higher risk of decay and erosion. It is not toothpaste, but a nourishing cream that is generally used after brushing.

Tooth Mousse helps to reduce acidity, contains ingredients that assist in re-mineralising and repairing the tooth surface and helps to feed the healthy bacteria that can reduce gum disease and decay.

1. This product is not suitable for those with a milk allergy

2. After brushing with your recommended toothpaste, use a pea sized amount of GC Tooth Mousse and apply it to your teeth.
3. Use your tongue to spread the product around all areas and leave it on for at least 3 minutes.
4. You will need to spit out any excess. Do not rinse.

You may be advised to use this product on specific teeth or to use this product at other times during the day. For routine use, please apply after brushing your teeth at night. This way, GC Tooth Mousse can work while you sleep.

A similar product, GC Tooth Mousse **PLUS**, also contains fluoride – its added benefit is that fluoride also assists to remineralise and repair the tooth surface of your teeth.

If you have been advised to use GC tooth mousse in combination with dry mouth gel – please see these [instructions](#).