



www.dentekuk.co.uk

KEEP YOUR NEW YEAR'S RESOLUTIONS AND LIVE UNTIL 100 WITH DENTEK



Keeping New Year's resolutions can be hard, even when you know that they are benefiting your health. Whether it's quitting smoking, going to the gym or even just taking part in dry January, it's known that most people give up their resolutions within just three months of making them.

One simple resolution to stick to is flossing. Flossing can dramatically reduce the risk of gum disease as well as other more serious health issues such as Heart Disease, Lung Disease, Alzheimer's and Diabetes. By adding just two minutes a day of flossing to your routine you are helping banish the bacteria that resides in plaque and settles in your bloodstream once the gum become inflamed. Flossing will not only improve your health but you are more likely to to 100. *With heart disease being one of the three most deadly diseases in people over 60, get a head start and ensure you're helping your heart.

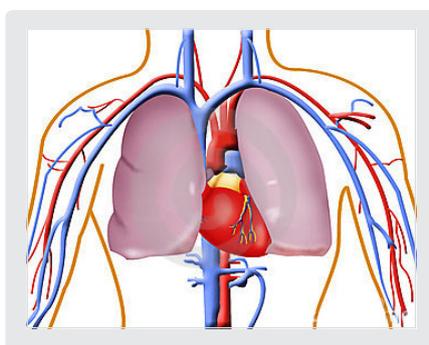
Detoxing isn't just about keeping your body fit, it's about taking care of all of you, and that includes your gums and teeth. DenTek provides a full range of interdental products that can help you start today! The range includes a variety of disposable floss picks, interdental brushes, tongue cleaners and dental guards. Keep your floss picks next to your toothbrush to remind you to floss – once you get into the habit you will start to see results and you will forever go beyond brushing.

*www.longevity.about.com

ABOUT DENTEK

DenTek is a worldwide leader in innovative oral care products including floss picks, interdental brush cleaners, dental guards for nighttime bruxism, disposable dental picks, braces care and dental repair. DenTek products are available in retail stores nationwide including Boots, Amazon EU SARL, Gould Pharmacy and other select retailers.

Visit www.dentek.co.uk for more information.



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