

Oral Defense

Your practical guide
to transforming
your oral routine with small
actions and big results.



Your oral health deserves attention, balance and daily care. And this change starts now.

YOU ARE NOT HERE BY CHANCE.

Choosing **Oral Defense** is much more than taking care of your teeth and gums — it is a commitment to your overall health, your self-esteem and the well-being you deserve. It is smiling with more confidence, feeling sure that you are doing the best for yourself.

Oral Defense was developed especially for you. It is not just a supplement — it is a daily ally, formulated with carefully selected ingredients to strengthen your oral health, protect sensitive gums, help prevent cavities and maintain the balance of oral flora. You are not alone on this journey. With each capsule, you are closer to a healthy mouth, a more beautiful smile and a better quality of life.

We are here with you, offering support, guidance and the care you need to make your experience with **Oral Defense** transformative. Believe me: taking care of your oral health is an essential step towards a healthier, more confident and rigorous life. Welcome to the new. Welcome to the care that transforms your smile — and your life.

Welcome to your new oral care routine!

Congratulations on choosing Oral Defense!

You are taking an important step towards strengthening your oral health and taking care of your smile more safely, effectively and naturally.

Oral Defense was developed especially for people like you, who understand the importance of a healthy mouth and want practical and reliable support to achieve this goal.

With carefully selected ingredients, **Oral Defense** works to strengthen teeth and gums, combat inflammation and help prevent cavities and other oral problems. And best of all: it can be easily integrated into your daily routine!

Welcome



How to Use Oral Defense

Recommended Dosage:



•Take 1 capsule per day.

How to Take:



With a glass of water, preferably after a meal.

Ideal Time:



Choose a fixed time of day (such as after breakfast or dinner) to ensure consistent use.

Consistency is Key:



Daily use is essential to achieve the desired results. Don't skip days!



Good Practices to Enhance Results

In addition to taking Oral Defense, adopting healthy habits reinforces the effectiveness of the product and keeps your oral health up to date:



- **Proper Brushing:**

Brush your teeth at least twice a day, using toothpaste with fluoride. Use gentle, circular movements.



- **Dental Flossing is Essential:**

Use dental floss every day, especially before bed, to prevent plaque buildup between your teeth.



- **Visits to the Dentist:**

Have regular check-ups and professional cleanings every 6 months.



- **Smart Eating:**

Prioritize foods rich in calcium and vitamin D, such as milk, cheese, broccoli and eggs. Avoid excess sugar and very acidic foods.



Good Practices

Extra Tips for a Healthy Smile



- **Avoid Sugars and Acids:** Reduce your consumption of soft drinks, sweets and processed juices. These foods wear down tooth enamel and increase the risk of cavities.



- **Drink Plenty of Water:** Saliva naturally protects your teeth. Proper hydration is essential for its production.



- **Manage Stress:** Bruxism, inflammation and mouth ulcers are linked to stress. Practice relaxing activities such as meditation, yoga or walking outdoors.



| We're Here for You!

**Whenever you need help,
contact our support team:**

✉ contact@customercs.com

We are committed to ensuring that you have the best possible experience with **Oral Defense**. We always welcome your questions!

Your Smile is Your Brand Taking care of your oral health is an investment in yourself: in your self-esteem, your well-being and your quality of life. **Oral Defense** is by your side every day to ensure that this care is simple, effective and long-lasting.

With consistency and attention to good habits, you will notice the benefits in no time. Keep up the good work — your smile will thank you! **Oral Defense**: Your daily ally for stronger teeth, healthy gums and a smile full of confidence.



We are with you



Oral Defense

30 tablets

Dietary
Supplement