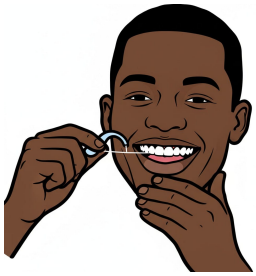
Hampaiden pesu – aamulla ja illalla

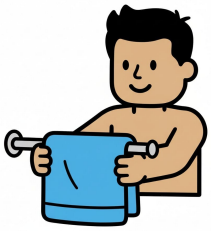
Harjaa hampaat aamulla

Harjaa hampaat illalla



Käytä hammaslankaa

Huuhdella suu



Ripustaa pyyhe