

# Take care of your roots!

Today, more than 80% of people over 65 retain at least some of their natural teeth. The gums tend to recede with age. As a result, the much softer root tissue becomes exposed, which is a prime target of dental caries in older adults. While there are many challenges on the path that can affect the health of your mouth, there is a lot you can do to keep your mouth looking and feeling younger than its years!

Build healthy habits

Visit your dentist regularly

Use MI Paste Plus/  
Dry Mouth Gel

Clean your teeth every day



## GC MI Paste Plus

Helps to increase the remineralisation and has shown impressive results in reducing hypersensitivity.



## GC Dry Mouth Gel

Provides long lasting comfort and to sooth symptoms of oral dryness. With neutral pH.

**Available in several delicious flavours  
Ask your dentist!**

