

DON'T LET **ENAMEL EROSION*** HAPPEN TO YOU

Did you know food and drink can be high in acid and weaken tooth enamel?

Learn how you can protect your teeth.



WHAT IS **ENAMEL EROSION?**

Acidic food and drink found in modern diets, even many healthy ones, can damage the hard layer of enamel that protects teeth. The acid temporarily softens the enamel, leaving it weaker and easier to wear away.

87% of adults are at risk for enamel erosion due to their diet.

EARLY-STAGE EROSION

LATE-STAGE EROSION





If left untreated, enamel erosion can progress to severe erosion, and may require invasive restorations such as veneers. It is important to talk with your dentist and hygienist early to protect your enamel from:



Sensitivity



Translucency



Yellowing



Rough edges

USE THIS pH CHART TO HELP **IDENTIFY ACIDS IN YOUR DIET AND ADJUST YOUR EATING HABITS**



A SPECIALIST TOOTHPASTE THAT HELPS **ACTIVELY REPAIR ACID-WEAKENED ENAMEL**



If you consume an acid-rich diet, use Pronamel Intensive **Enamel Repair as your regular** toothpaste to help:



Repair acid-weakened surfaces



Lock in vital minerals



Relieve tooth sensitivity





CHOOSE FROM OTHER PRONAMEL PRODUCTS TO PROTECT AGAINST THE EFFECTS OF ENAMEL EROSION*



Use Pronamel Intensive Enamel Repair twice daily and practice a low-acid diet to help repair acid-weakened enamel.



#1 Dentist-Recommended brand for strengthening and protecting enamel

For more information, visit www.pronamel.com

^{*}Due to dietary acids.