

:Dr Hisham's™

holistic oral care system



1 Rinse and gargle

Use the Alkaline Mouth Rinse, for 1-2 minutes morning and night. Follow by flossing your teeth with dental floss or a water flosser.

2 Jiggle and wiggle

Brush your gums and teeth for 2-4 minutes, with the Vital Teeth Serum and the toothbrush in a 'jiggle & wiggle' massaging action. Spit don't rinse, this unique serum is for healing, nurturing and rejuvenating oral tissue.

3 Mints on the go

Use the Vital Mints while on the go to rebalance, cleanse, alkalise and freshen your breath naturally, 3-5 times per day.

4 Weekly Dental Detox

For two days each week, use the Organic Dental Detox Tooth Whitening Powder instead of the serum. Wet, flick and dip your toothbrush into the powder* and brush teeth and gums in a gentle swirling motion for 2-4 minutes.

