How to have whiter stronger teeth naturally

For whiter stronger teeth there are 2 simple techniques we recommend.
1. Make sure you have daily Magnesium, Calcium and Potassium in your diet. Cooking often loses these vital ingredients. Take these from two capsules of Coolherbals Advanced Protein Vitamins and Minerals. The capsules are registered with
The Vegetarian Society of Great Britain as they are natural.
2. Use a Banana:
Take the inside of a banana peel and gently rub the teeth with it for about 2 minutes. The minerals of Potassium, Magnesium and Calcium absorb into the teeth to make them whiter looking.

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Health Supplements