



# BRIGHTEN YOUR SMILE WITH ACTIVATED CHARCOAL

Activated charcoal is an effective tool to help clean and brighten teeth. It binds to dirt, grime and stains beyond the surface and draws them out, leaving your teeth and skin extremely clean. It can be used by itself, mixed with other ingredients to create a toothpaste/powder.

## Whitening Charcoal Toothpaste Recipe

*This recipe makes approximately 4 tablespoons of charcoal toothpaste.*

### Ingredients:

1/2 Teaspoon Activated Charcoal

2 Tablespoons Baking Soda, which alkalizes acid in the mouth and helps remove plaque/stains

2 Tablespoons Coconut Oil, which has antibacterial properties

1-2 Drops of Essential Oils (Optional)

### Directions:

Melt the coconut oil in a small sauce pan or in a double boiler.

Once melted, pour into a small bowl and mix in the activated charcoal, baking soda and essential oils.

Pour the mixture into a small container and store in a cool dry place.

It is recommended using this whitening toothpaste 1-2 times a week. The charcoal can be messy, so make sure to keep a towel nearby just in case!



*"The information provided on this site is not intended as medical or dental advice and should not be interpreted as such. The intent is to provide as much scientific information as possible on different dental materials and aspects of dentistry where controversy exists and scientific clarification would be of benefit to patients, staff, dentists, physicians and scientists in making informed judgements. If you seek medical or dental advice, please consult with a health care professional. You must always exercise your own best judgement when using the services of any health care practitioner."*