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› Colgate Total Clean Mint Toothpaste User Manual

Colgate US05363A

Colgate Total Clean Mint Toothpaste User Manual

Model: US05363A

PRODUCT OVERVIEW

Colgate Total Clean Mint Toothpaste features a breakthrough formula designed to fight bacteria across the entire mouth – on teeth, tongue, cheeks, and gums – promoting comprehensive oral health. This toothpaste, formulated with stannous fluoride, provides multiple benefits including relief from tooth sensitivity, enhanced enamel strength, and neutralization of odor-causing bacteria.



Image: Two tubes of Colgate Total Clean Mint Toothpaste in a value pack.

Key Features

- Includes two (2) 4.8 oz tubes of Colgate Total Clean Mint Toothpaste.
- Offers 42% more sensitivity relief compared to a regular fluoride toothpaste after 8 weeks of use.
- Provides 10 benefits for whole mouth health.
- Removes surface stains for a whiter smile.
- Clean Mint flavor leaves mouth feeling clean and breath refreshed.
- Fights bacteria on teeth, tongue, cheeks, and gums.

SETUP AND FIRST USE

Before using your Colgate Total Clean Mint Toothpaste for the first time, ensure the tube's cap is securely fastened. Remove the cap and peel off the protective foil seal from the tube's opening. The toothpaste is now ready for use.

OPERATING INSTRUCTIONS

Brushing Guidelines

Follow these instructions for effective use of Colgate Total Clean Mint Toothpaste:

1. **Adults and children 12 years of age and older:** Apply at least a 1-inch strip of product onto a soft-bristled toothbrush.
2. Brush teeth thoroughly for at least 1 minute, twice a day (morning and evening), or as recommended by a dentist.
3. Ensure to brush all sensitive areas of the teeth.
4. Do not swallow the toothpaste.
5. **Children under 12 years of age:** Consult a dentist before use.



Image: A single tube of Colgate Total Clean Mint Toothpaste.

MAINTENANCE AND ORAL HYGIENE TIPS

Beyond regular brushing, incorporating these practices can further enhance your oral health:

- **Brush Twice Daily:** Maintain a consistent routine of brushing in the morning and before bed.
- **Floss Regularly:** Floss at least once a day to remove plaque and food particles from between teeth and under the gumline.
- **Use Mouthwash:** Consider using an antiseptic mouthwash to further reduce bacteria and freshen breath.
- **Healthy Diet:** Limit sugary snacks and drinks that can contribute to tooth decay.
- **Regular Dental Check-ups:** Visit your dentist for professional cleanings and check-ups at least twice a year.



Image: An illustration encouraging users to turn off the faucet while brushing to conserve water.

Remember to turn off the faucet while brushing to save water. This simple action can save up to 64 cups of water per brushing session.

SAFETY INFORMATION

Please read the following safety information carefully before using the product:

When using this product for sensitivity, do not use longer than 4 weeks unless recommended by a dentist. Stop use and ask a dentist if the sensitivity problem persists or worsens. Sensitive teeth may indicate a serious problem that may need prompt care by a dentist. Keep out of reach of children. If more than used for brushing is accidentally swallowed, get

medical help or contact a Poison Control Center right away. Stop use and ask a dentist if gingivitis, bleeding or redness persists for more than two weeks, you have painful or swollen gums, pus from the gum line, loose teeth or increasing spacing between the teeth. These may be signs of periodontitis, a serious form of gum disease.

INGREDIENTS

Active Ingredient: Stannous fluoride 0.454% (0.15% w/v fluoride ion)

Purposes: Anticavity, Antigingivitis, Antisensitivity.

Inactive ingredients: Water, Sorbitol, Hydrated silica, Glycerin, PEG-12, Tetrasodium pyrophosphate, Sodium lauryl sulfate, Microcrystalline cellulose, Sodium citrate, Zinc phosphate, Flavor, Cellulose gum, Sodium Saccharin, Cocamidopropyl Betaine, Xanthan gum, Citric acid, Sucralose, Titanium dioxide

Contains
Stannous
Fluoride



Image: Graphic highlighting the presence of Stannous Fluoride in the toothpaste.

TROUBLESHOOTING COMMON ORAL CONCERNS

Colgate Total Clean Mint Toothpaste is designed to address various oral health concerns. Here's how it helps with

common issues:

Concern	How Colgate Total Helps	When to Consult a Dentist
Tooth Sensitivity	Provides sensitivity relief with continued use.	If sensitivity persists or worsens after 4 weeks of use, or if it indicates a serious underlying problem.
Gingivitis (Gum Inflammation)	Helps prevent gingivitis, bleeding, and redness of gums.	If gingivitis, bleeding, or redness persists for more than two weeks, or if you experience painful/swollen gums, pus, loose teeth, or increasing spacing between teeth (signs of periodontitis).
Cavities & Plaque	Fights bacteria that cause cavities and plaque buildup.	For existing cavities or severe plaque buildup requiring professional intervention.
Bad Breath	Neutralizes odor-causing bacteria for fresh breath.	If persistent bad breath continues despite regular oral hygiene, as it may indicate other health issues.
Stains & Discoloration	Removes surface stains for a whiter, brighter smile.	For deep-set stains or significant discoloration that cannot be resolved with regular brushing.

PRODUCT SPECIFICATIONS

Specification	Detail
Product Dimensions	7.7 x 1.54 x 3.66 inches; 9.6 ounces (total for 2-pack)
Item Model Number	US05363A
UPC	035000463869 827854002031
Manufacturer	Colgate-Palmolive Co
Brand	Colgate
Flavor	Mint
Age Range (Description)	Adult
Item Form	Paste
Material Type Free	Aluminum-Free, Contains Fluoride, Gluten-Free, Paraben-Free, Phthalate-Free, Sugar-Free, Vegan

WARRANTY AND SUPPORT

For product inquiries, detailed information, or customer support regarding Colgate Total Clean Mint Toothpaste, please visit the official Colgate website or contact their customer service department. You can also visit the [Colgate Store on Amazon](#) for more products and information.

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