



RETHINK that drink!!!

Fizzy, sports and energy drinks contain acid that attacks your tooth enamel, (including the sugar-free and 'zero' varieties) and most contain **sugar**, which causes tooth decay.

Every time you take a sip throughout the day, you'll start a brand new 'acid attack'. This means your teeth are bathing in acid for the next 30 minutes!

During exercise the mouth becomes dehydrated and therefore less able to neutralise the acids contained in the drink, and to flush them out of the mouth.

We aren't saying to quit these beverages entirely, but making a few simple changes in the way in which you consume them during exercise will help you protect your teeth!

What You Can Do

30 MINS BEFORE

consume your drink 30 mins before you exercise

SWISH

water around your mouth after each bottle or can of drink

HYDRATE

with plain water while on the field

DELAY BRUSHING

acid from drinks can soften tooth enamel so wait an hour before brushing



dental studios

Level 17 | 141 Queen St | Brisbane Q 4000

P 3221 5399

E smile@bitedental.com.au