

## DIY

## Toothpaste

You can keep it simple with only baking soda or a non-toxic brand at the store.

No Fluoride - SLS - Benzos



- 3 Tbsp coconut oil
- 2 Tbsp baking soda
- 25 drops of EO (peppermint oil)
- 1 Tbsp Natural Calm to help remineralize