

[BAKING SODA TEETH WHITENING RECIPE](#)



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How to Whiten Teeth With Baking Soda 7 Steps wikiHow

Before starting the whitening with baking soda, check with your dentist if your teeth are healthy enough to do this. Some patients may have defects of enamel mineralization, which contraindicates this treatment due to an increased abrasive effect.

<http://ebookslibrary.club/How-to-Whiten-Teeth-With-Baking-Soda--7-Steps---wikiHow.pdf>

Baking Soda for Teeth Whitening iBuzzle

Recipe #2: Baking Soda and Salt This is one of the simplest baking soda teeth whitening recipe. To make this teeth whitening product, all you need is baking soda and salt. Just mix about 3 teaspoons of baking soda, with about 1 teaspoon of table salt. Then, use it as a tooth powder to remove stains from your teeth. Then, rinse the mouth properly with clean water.

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DIY Teeth Whitening Baking Soda Toothpaste Recipe

Baking soda In this homemade teeth whitening paste, baking soda acts as a natural, gentle abrasive and neutralizes acids in the mouth. Bentonite clay This ingredient also acts as a gentle abrasive and delivers minerals.

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How To Make Teeth Whitening Toothpaste 4 Recipes

If you re looking for a recipe without frills, just use the baking soda and hydrogen peroxide to make a simple paste. Also, you can also use hydrogen peroxide to whiten teeth by swishing 1 to 2 tablespoons in your mouth after brushing.

<http://ebookslibrary.club/How-To-Make-Teeth-Whitening-Toothpaste--4-Recipes.pdf>

How to Whiten Teeth Instantly with Baking Soda Correct

When you combine them with baking soda and a pinch of salt, it makes for an effective teeth-whitening recipe. Just as with lemon juice, you need to take some precautions with this method. Limit the frequency of use to twice a month to protect your gums and tooth enamel.

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