



## Turmeric Tooth Whitening

### Ingredients

1/4 tsp turmeric powder ✓

1/2 tsp melted coconut oil ✓

### Directions

1. Mix ingredients together in a small glass or ceramic bowl.
2. Apply using your toothbrush, and let sit for 3 minutes.
3. Rinse toothbrush thoroughly with hot water.
4. Brush using regular toothpaste.
5. Smile!

✓ Available for purchase in the PureFormulas Store

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