



# Sweet Spearmint Tooth Powder

a simple mineral based dental cleanser

## Ingredients

- 1 tablespoon (13 grams) Bentonite Clay
- 2 teaspoons (11 grams) Baking Soda
- 2 teaspoons (8 grams) Coral Calcium Powder
- 1 - 2 teaspoons (4 - 8 grams) Xylitol, optional
- 1 teaspoon (<1 gram) Activated Charcoal, optional
- 5 - 10 drops Spearmint Essential Oil

Makes one 2-ounce jar (about 40 grams)

## Directions:

1. Combine Baking Soda and Essential Oil in small bowl and whisk together - breaking up any clumps.
2. Add Bentonite Clay, Coral Calcium Powder, and Activated Charcoal (if using). Mix together with non-metal utensil.
3. Transfer to jar.

## Usage & Packaging:

- We packaged our tooth powder in our 2 Ounce Pet Jars. You could also try using our 2 Ounce Flint Jars. Any non-metal jar with a tight-fitting lid should do nicely.
- To use, dip your moistened toothbrush into the tooth powder, then brush as usual. Rinse well with water, and follow with mouthwash as needed.

For Additional Recipes:  
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