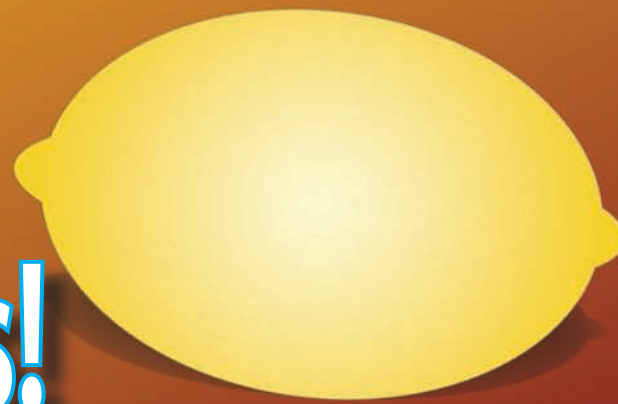


Keep A Healthy Smile. Do Not Suck on Lemons!



If you or your family members have a habit of sucking on lemons, STOP!

Here is the reason why: it causes **SERIOUS** damage to your teeth. Lemons and all citrus fruit are acidic. Constant direct contact of the acidic juice to your teeth will cause your teeth to dissolve. Brushing after you suck on lemons does not reverse the dissolving of the teeth. This is called "**ACID EROSION**". It occurs usually on the upper front teeth. This results in progressively thinner, shorter, weaker teeth, subject to chipping, sensitivity and eventually a less attractive smile, if the lemon sucking does not stop.

Lemons and the other citrus fruit are healthy for your body. It is better to cut the fruit in segments or use a spoon than biting or sucking the fruit directly.



Early lemon erosion



Advanced lemon erosion



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