Dawn of a new era of dental care
**WHAT IS SWAK?**

The SWAK toothbrush is a precision tool with a replaceable head made from miswak wood. The smallness of the head makes it possible to clean your teeth accurately, thoroughly and carefully.

In Arab countries miswak (Salvadora persica) has been used for millennia as a means of dental hygiene.

Inspiration for the current design was taken from dental instruments used by experts.

**THE SWAK...**

- cleans gently and effectively
- cleans each tooth individually
- is great for hard to reach areas
- works without water and toothpaste
- is the perfect outdoor toothbrush
- is also ideal for children
- has a biodegradable handle made in Germany
- avoids plastic waste
- only needs a new head every 4 - 8 weeks
- completely replaces conventional toothbrushes

**HOW DO I SWAK?**

1. Soften the wood with saliva for a few seconds. If necessary, nibble gently on the tip.
2. Gently massage the curves of the tooth necks with the soft bristles. Do not press.
3. Gently massage the inner surfaces of the teeth. The chewing surfaces of the back teeth are usually not cleaned (but undergo natural self-cleansing by chewing solid foods).
4. Rub your tongue along your teeth to feel that all surfaces are clean. Coating (such as plaque) feels furry and rough. Clean teeth are smooth!

**PREVENTION!**

The prevention of tooth decay and gum disease primarily means the removal of plaque.

For this purpose, SWAK Experience UG developed the SWAK toothbrush based on many years of practical experience and scientific research.

For lifelong dental health, we recommend daily cleaning with the SWAK toothbrush and the suitable interdental brush sizes. Equally important are regular visits to your dentist.

Prevention is better than cure!