

Tooth Powder

Saturday, May 02, 2020 4:25 PM

Ingredients

- 2 tbsp Bentonite Clay Powder
- 1 tbsp Baking Soda
- 2 tbsp Xylitol
- 1 tsp Sea Salt
- 1 tsp Ground Cinnamon
- 1 tsp Gound Cloves

Equipment

- Small mason jar (125ml)
- Non-reactive lid for jar
- 1 Tablespoon Measure (Non-Reactive)
- 1 Teaspoon Measure

Instructions

1. Add all ingredients to jar
2. Shake well to mix

Notes

To use, dip wet toothbrush in powder, being careful not to get excess water in powder. Bentonite clay will react with metals, store in non-reactive glass or plastic vessels. Lasts approximately 2 months for two people.