



Whitening Toothpaste

Personal
Care

Ingredients

- 1 tsp Activated Charcoal (food grade)
- 4 Tbs of quality Baking Soda
- 4 Tbs Organic, Virgin Coconut oil
- 3-4 drops of food grade essential oil of choice (*Optional*)

Directions

1. Melt the coconut oil over gentle heat.
2. Once melted, pour into a small bowl and mix in the activated charcoal, baking soda, and essential oils.
3. Pour the mixture into a small glass container (a 1/2 pint Mason Jar works great) and store in a cool, dry place.



Notes

To Use:

- Just dip toothbrush into jar. If you have multiple members in the household, you can make a jar for each. I keep mine in a drawer in the bathroom vanity.
- Depending on the temperature in your house, toothpaste could run runny or solid. If solid, no worries, once you begin brushing, the coconut oil will soften.
- This toothpaste is slightly abrasive so you'll want to use it just 1-2x per week. Will last for months!