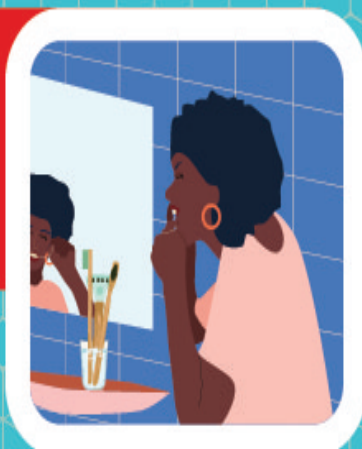


# How To Avoid Bad Breath In Pregnancy



Brush and floss your  
teeth regularly



Rinse your mouth with  
lukewarm water or  
mouthwash

Drink adequate  
quantities of water



Visit a dentist regularly

Chew sugar-free gums  
to avert bad breath



Try to avoid foods with a  
strong, pungent smell