

Health Hints

A Cleaner Toothbrush May Mean Fewer Colds

(NAPSA)—Brushing up on your knowledge of germs and viruses—particularly when it comes to your toothbrush—may mean fewer colds for you and your family.

Often, a toothbrush is put away damp after it's been used. Unfortunately, that can be just the kind of environment germs and bacteria like to inhabit.



A damp toothbrush can offer a home to germs and bacteria. Fortunately, there is a way to guard against that.

One way to correct this may be to use a toothbrush sanitizer that can neutralize bacteria already on your brush, and protect it from collecting more E.coli and other pathogens.

For example, a sanitizer called Steripod is designed to kill microbes by wrapping the toothbrush in an invisible vapor shield of naturally antiseptic Thymol. Simply clip it on your electric or manual toothbrush and it goes to work.

This nontoxic botanical ingredient is derived from the thyme plant, a member of the mint family. With no cords, plugs or batteries, the shield packs effortlessly.

To learn more, visit www.getsteripod.com.