



DIY Kids Toothpaste

- 4 T. Baking Soda
- 2 full droppers of Phyto Nutrition (optional)
- 2 T. MCT Oil (or include Phyto Nutrition in this measurement)
- 5-10 drops YL Citrus Fresh Essential Oil
- 1 tsp. YL Grapefruit Bergamot Vitality Drops
- Refillable Toothpaste Tube (or small jar)

Directions

1. Mix together in bowl
2. Store in empty glass jar or empty toothpaste tubes.

*Tubes and other DIY supplies can be found on my
Amazon store at this link*

<https://linktr.ee/commonscentismom>

