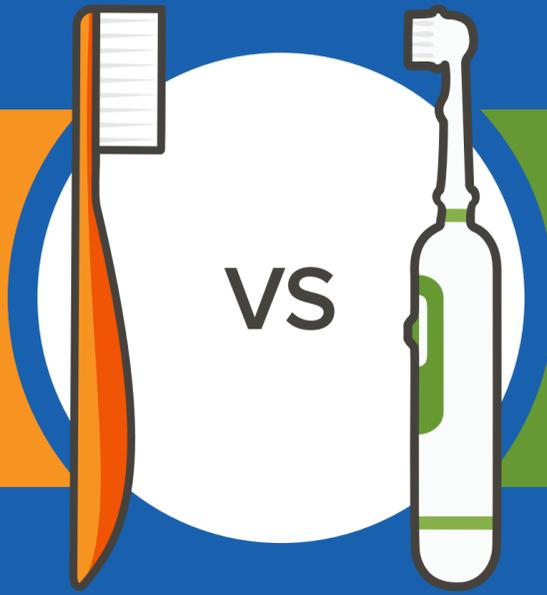


Feeling overwhelmed in the toothbrush aisle? There are a lot of different options - and it can be hard to know which one is right for you. One of the big questions is "Should I buy an electric toothbrush, or a manual one?" So, which one is right for you? According to the American Dental Association, both manual and electric toothbrushes are effective - but there are a few key differences we've illustrated below.

## Manual Toothbrush



## Electric Toothbrush

Keep track of brushing time on your own



Includes a timer to measure your brushing habits

Needs continued manual movement to achieve adequate cleanliness



Needs charging or batteries to operate automatic bristle movement

Lower cost option; requires full replacement every few months



Higher cost option; requires replacement heads every few months

Lightweight and easy to hold



Heavier and bulkier than manual options

Requires consistent effort to remove and prevent plaque buildup



Removes plaque easier than manual options

Lightweight and easy to pack in travel case



Multiple pieces to pack that take up space (charger, brush heads, etc.)

No matter which kind of brush you choose, remember to brush for a full two minutes twice a day using a fluoride toothpaste and floss at least once a day!

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