



Ko hoku hingoa ko...



Tā ha fakatātā 'o ha mata 'oku malimali 'i he 'aho kotoa hili ho'o fufulu!



Fufulu 'a e nifo' 'i ha miniti 'e ua, tu' o ua 'i he 'aho 'aki ha kilimi fulunifo 'oku kakato ai 'a e malohi (≥1000ppm) 'o e fuluolaiti'.



'A'anu, 'oua te ke pūpū, hili ho'o fufulu ho nifo' koe'uhi ke lava 'e he fuluolaiti 'o malu' i ho nifo' 'i ha taimi lōloa.

Ngaahi matu'a/kau tauhi, tokoni ki ho'o mou fānau' ke fufulu honau nifo' tautefito ki he taimi po'uli' kimu'a pea mohe'.
Ki ha toe fakamatala kataki fetu'utaki ki ho'o Kiliniki Nifo Fakakolo' pē telefoni ki he 0800 Talk Teeth – 0800 825 583 pe vakai ki he uepisaiti: www.ards.co.nz or visit www.ards.co.nz



Na'a ku fufulu hoku nifo

	Uike 1		Uike 2		Uike 3		Uike 4	
	 Pongipongi	 Efiafi	 Pongipongi	 Efiafi	 Pongipongi	 Efiafi	 Pongipongi	 Efiafi
Mōnite								
Tūsite								
Pulelulu								
T u'apulelulu								
Falaite								
Tokonaki								
Sāpateu								