

## A Homemade Toothpaste Recipe

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If you want a easy to make, fluoride free toothpaste recipe that actually helps to remineralize your teeth and strengthen the tooth enamel, you've come to the right place!

This toothpaste recipe from 'Keeper Of The Home' contains the wonder ingredient - coconut oil (see our previous post: [101 Coconut Oil Uses](#)) plus sea salt and peppermint oil.

[A Homemade Tooth Remineralization Toothpaste Recipe](#)

(Photo from: [Rodrigo Amorim](#))