

# Floss Daily

An important line of defense in improving your oral health.



**Performance TRIAD**  
Good Oral Health & Proper Nutrition Work together



**U.S. ARMY**

LEARN MORE ABOUT THE PERFORMANCE TRIAD:  
**SLEEP**, **ACTIVITY**, AND **NUTRITION**.

AT [HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)



**ARMY  
FAMILY**  
IS AN UNSTOPPABLE FORCE

