

WARNING!

NOT FOR USE WITH BRACES

DO NOT CHEW YOUR MOUTHGUARD

In order for a mouthguard to protect, fit, and last it must be worn properly on your teeth and gums as indicated in the fitting instructions. If any mouthguard is chewed or not worn properly, its protection, fit and durability will be greatly diminished.

TO FIT THIS MOUTHGUARD YOU WILL NEED:

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| > Gravity 2 STC Mouthguard | > Slotted spoon |
| > Saucepan | > Cold tap water |
| > Boiling water | > Mirror |
| | > A clock or watch with second hand |

FITTING INSTRUCTIONS:

1. Fill saucepan with 3 to 4 inches of water. Bring water to a boil.
2. Remove water from heat source. Immediately place mouthguard in water for 90-120 seconds. Carefully hold mouthguard under water with the edge of a spoon. Move the spoon around to different spots of the mouthguard a few times to avoid denting the mouthguard surface as it heats up. Do not remove before 90 seconds.
3. Carefully remove mouthguard from hot water with a slotted spoon.
4. While holding the front of the mouthguard in the center, shake off the excess water.
5. Lick your lips before placing mouthguard in your mouth.
6. Watching in mirror, line up mouthguard carefully with the centerline of lower teeth. Fit mouthguard onto lower teeth with the front bridge touching the front teeth. Press mouthguard down firmly on lower teeth.
7. Bite down hard on mouthguard. Suck in strongly for 20 seconds to increase bite pressure.
8. Remove mouthguard and cool under tap water for 30 seconds. Replace into mouth and test for a good, firm fit.
9. Repeat steps 1 through 8 if fit is not accurate.