



REMplenish™

Airway Exercise Therapy
Made Easy

**A Simple & Reliable Solution to Improve
Airway Health . . . Strengthens the Airway
while Drinking Water**

- **Myofunctional Benefits**
Promotes Tongue Up Posture &
Proper Swallow Technique
Targeted Oral Exercises
- **Improves Airway & Sleep**
Encourages Nasal Breathing
Reduces the Risk of Collapsibility
Better Sleep Quality & Quantity
- **Reduces Snoring**
Tightens Muscles & Tissue
Reduces the Risk of Airway Vibration

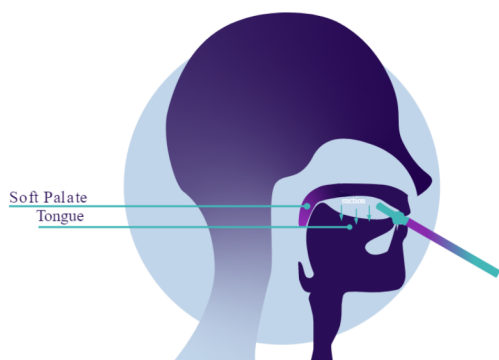
93% of users reported improvement in snoring
*2020 Usability Study



How REMplenish Works

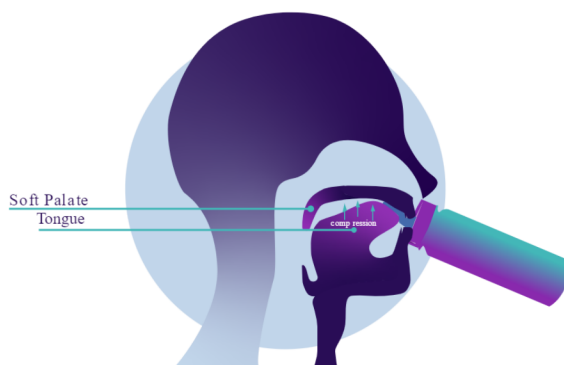
The REMplenish Myo Nozzle provides targeted resistance and exercise that strengthens the muscles of the tongue and upper airway simply by drinking water throughout the day.

Tongue Suction



Place nozzle completely in mouth with lips touching base of nozzle. **Draw in water by creating a negative pressure with your tongue.**
Note: Make sure you are using your tongue and not your cheeks.

Tongue Press



Compress the nozzle against the roof of your mouth so the nozzle is fully compressed. **Make sure the tip of your tongue is behind your top front teeth** (see Proper Swallow). Swallow. Repeat step 1

What Health Care Professionals Are Saying



"I actually really like this bottle! It really helps get the tongue in the right place and feels really good."

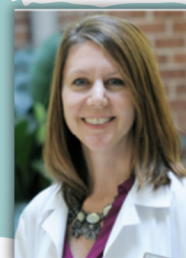
SOROUSH ZAGHI, MD

The Breathe Institute, Los Angeles, CA
Sleep Surgeon / Otolaryngology (ENT)

"Our patients love that the product, especially the straw and mouthpiece, is convenient and portable. This helps to encourage consistent use... ..this is a great tool for patients with myofunctional issues and sleep breathing concerns."

Owner MN Craniofacial Center for TMJ & Sleep Treatment,
Director, American Academy of Craniofacial Pain,
Past President of ABCDSM

**KIM LEDERMANN
DDS, MS**



"One of my goals in treating patients with Sleep-Related Breathing Disorders is to provide them with options. Adding oropharyngeal exercises is one of my favorite choices to strengthen the tongue and mouth muscles. An easy patient-compliant way of doing this is with REMplenish. Those patients that have elected to augment their treatment with REMplenish report a pronounced outcome. I highly recommend considering adding REMplenish to your treatment options."

**JOHN H. TUCKER, DMD,
DABDSM, DICOI**

Founder, Tucker Educational Excellence, LLC
Adjunct Associate Professor
University of Pittsburgh School of Dental Medicine

"I love seeing new products in our field like REMplenish. It's been an awesome addition to my myofunctional therapy practice for pretty much every patient. I like how it helps support therapy outside of sessions, by reinforcing the correct swallowing patterns and tongue movements we discuss. I highly recommend this product to both patients and myofunctional therapists!"

Owner MyoMentor, Faceology & Co-Director of
Orofacial Myofunctional Therapy, The Breathe
Institute

**SARAH HORNSBY BS,
RDH, COM**



So **MANY unrelated symptoms** can originate from a weak airway...
See how others have **started their journey** to better health and
better sleep with **REMplenish**.

Skeptical but now a Believer!

After using it for about a month, I am **ASTONISHED** at the results. Using my MAD (mandibular advancement device) I was getting sleep, but it was broken. **REMplenish has strengthened my tongue** and when I wake, now only 1-2 times a night, my tongue is on the roof of my mouth where it's supposed to be. I am getting the **best sleep** I have gotten in 10 or so years! I highly recommend this product.. - Carrie -

Tongue Posture

I bought it to see if it really **improves tongue posture** and if it's a tool I can use to train my Orofacial Myology patients to have proper tongue position and to strengthen tongue muscles. I must say that I am **totally impressed & recommend** for snorers and patients with sleep apnea. - Dr.Sylvia Talavera, DDS -

Thumbs Up!

Bought it for my son who snores very loudly. His father has sleep apnea. I wanted my son to use this straw to avoid a sleep apnea diagnosis in the future. So far, my son's **snoring has improved IMMENSELY**. Thank you! - Jeanne D-

I LOVE IT!

I use my REMplenish 1 to 2 times a day and am constantly refilling it and keeping it handy in my fridge. It works! I'm **SLEEPING BETTER** through the night and less snoring. I've felt my tongue and throat muscles tighten and tone. Another bonus is my double chin is disappearing. I'm sharing this with my dentist, hygienist, and family. Thank you for this product. - Jennifer P.-

We can Sleep NOW!

The concept is amazing and best of all it really has helped! Within **two weeks my partner was sleeping quietly**. - Laurie K -

Myofunctional Therapy

I did **Myofacial work** for several months prior to buying this straw. But this straw does all the work for you, forcing you to use the muscles in your soft pallet. It's really a **GREAT TOOL** for anyone struggling with the use of their tongue. - Darryl -

Reduced Snoring!

My husband and I each have one of these water bottles. After using them daily for a while I have noticed a substantial **REDUCTION in his SNORING** as it no longer wakes me up in the night or keeps me from falling asleep. I do not snore, but I am a mouth breather and I have found that it is **helping me be able to breathe through my nose more too**. I also love that it is dishwasher safe! - Kris -

INTRODUCING **REMplenish™** FOR AIRWAY HEALTH



SIGNS OF A WEAK AIRWAY:

- Snoring
- Mouth Breathing
- Restless Sleep
- Chronic Fatigue
- Depression and Anxiety
- Brain Fog or Headaches
- Dark Under-eye Circles
- Night Time Bathroom Visits
- Bed Wetting in Children
- Ear or Upper Airway Infections

WHAT IS REMplenish?

REMplenish is a water bottle or straw with an ingenious nozzle that provides targeted myofunctional exercises that strengthen the tongue and upper airway muscles to improve airway health.

**IT'S AS EASY AS
DRINKING WATER!**



LEARN MORE AT
www.REMasteredsleep.com