



Thank you for purchasing our Advanced Oral Probiotics. Researched and developed by a leading holistic dentist our probiotic blend contains a full 7 strains of active and beneficial bacteria, as well as ingredients proven to remineralize the enamel on your teeth.

To help you in the healing process and in achieving optimal results, here are some guidelines to follow.

First, it is important to understand that this is a live process. The process starts by repopulating your oral environment with beneficial bacteria. Your mouth, including gums, teeth and the tongue, all have complex communities of bacteria. The beneficial bacteria needs to colonize in these communities. Our bacterial strains work by both killing off and crowding out the “bad” bacteria as well as restoring a healthier, non-acidic pH to your mouth and by stimulating a healthier saliva flow.

There are numerous benefits in this process but it does take time to not only restore and rebalance the oral environment but to allow the body to heal itself. Most individuals begin to see marked results in the first several weeks but it can take months for your body to heal gum conditions or to stably overcome chronic halitosis or stubborn tonsil stones. Conditions that took YEARS or even DECADES to develop do not reasonably disappear overnight.

So be patient and consistent. Maintain good oral hygiene throughout. We recommend taking 2 tablets daily for the first 3 weeks or so until results are achieved, in really tough, chronic conditions you can up this dosage to twice daily. Once results are achieved you can then you can then cut back to 1 daily. In time, with a healthy mouth restored, you can even

cut back to just several times a week, taking a tablet or two at night.

Second, it makes sense that these tablets should be CHEWED (or sucked on). Once you CHEW the tablets then let the contents remain in your mouth for 30 seconds or so before swallowing. You can swish it around as well.

You may notice a CHALKY taste and texture. This is a part of our proprietary formulation. There are key ingredients added which assist the bacteria to adhere to the biofilm on the teeth.

Third, it is best to use these as the last step in your oral hygiene regimen. So take them after all flossing, brushing and so forth. Try not to drink or eat for at least 20 minutes.

Fourth, as this is a live process it is also best if you avoid using anti-bacterial mouthwashes or toothpaste with anti-bacterial ingredients, such as Xylitol. Afterall, you don't want to kill off these beneficial bacteria.

For ease of use, we recommend that you take these at night, just before bed. With the patented formulation we use it is not necessary to refrigerate your oral probiotics, so you can even keep them at your bedside!

**Questions? Visit our website www.greatoralhealth.com
or email us at support@greatoralhealth.com.**