MOUTHGUARD



USER INSTRUCTIONS AND FITTING GUIDE

THESE INSTRUCTIONS AND PACKAGING CONTAIN IMPORTANT INFORMATION RELATING TO THIS PRODUCT AND ITS USE, AND MUST THEREFORE BE RETAINED FOR FUTURE REFERENCE.

This mouth guard is designed to provide limited protection against minor injuries caused by impacts in Martial Arts. If used correctly, the mouth guards that are detailed within this user information booklet can prevent or reduce the severity of injuries associated with contact sporting activities.

This user information is applicable to the following products:

Product Name & Code	Guard Type Classification	Sizes Available	Impact Performance
SINGLE MOUTH GUARD 4405E, 4405BE	Type 2	One Size: Adult 14+	1
DOUBLE MOUTH GUARD 4410BE 4410E	Type 2	One Size: Adult 14+	1
EVERGEL MOUTH GUARD 1400008, 1400009	Type 2	One Size: Adult 14+	3
EVERSHIELD SINGLE MOUTH GUARD 1400000, 1400003	Type 2	One Size: Adult 14+	3
EVERSHIELD DOUBLE MOUTH GUARD 1400004, 1400007	Type 2	One Size: Adult 14+	3

WARNINGS:

- Use the mouthguard as directed, misuse can dangerously reduce performance.
- No mouthguard can offer full protection against all injuries. These mouthguards cannot guarantee protection against injuries caused by significant impacts sustained during sporting activities and cannot prevent head injuries or fatalities.
- The mouthguard is custom fit for the user's mouth. Do not to allow any person other than the named user to use your mouthguard.
- These mouthguards are not considered to be suitable for use in the following activities: ice hockey.
- After molding to teeth, do not chew your mouthguard. If the mouthguard becomes worn due to chewing, it's protection, fit durability may be greatly reduced and may no longer provide adequate protection to the end user.
- Do not to use mouthguards showing wear, cracks, separation of layers or splits. If your mouthguard shows any signs of damage throw it away and obtain a replacement immediately.
- For wearers whose jaw growth, primary dentition exfoliation and secondary dentition eruption, is still in progress, the fit of the guard must be checked regularly during this period by a responsible parent or guardian. If the mouthguard is found to be loose or tight fitting to the teeth & gums, it must be replaced immediately. These mouthguards should not be used with braces or other dental devices, unless approved by the person fitting the brace. You must consult a dentist or orthodontist fitting a brace or other device to the teeth concerning the suitability of this or any other mouthguard.
- The constituent and materials used in the construction of these mouthguards are not considered to cause sensitisation or allergic reaction. However, if any pain or discomfort is felt during the use of this mouthguard, please consult a doctor or dental professional as appropriate.
- The retailer and manufacturer will be absolved of all liability in respect of any personal injury or other claims arising from the use of the products other than are intended, including unauthorised user modifications, actions or exposures.
- Do not make any alterations, expose to extreme temperatures, petrochemicals, solvents nor their fumes, or treat in any manner that is not the intended use of the mouthguard as this may significantly reduce their level of protection. Avoid any contamination of the materials in the mouthguard.



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FITTING INSTRUCTIONS: When choosing a mouthguard, choose a guard that is of the correct type and size based on the age range information provided by the manufacturer. Please ensure that the mouthguard you have chosen is of the correct type and performance level related to the intended sport.

TO FIT A MOUTHGUARD YOU WILL NEED THE FOLLWING ITEMS:

Metal tongs, boiling water, cold water, a mirror, and a timepiece that displays seconds.

INSTRUCTIONS FOR SELF FITTING. PLEASE READ ALL STEPS BEFORE COMMENCING.

Using a mirror place the guard in your mouth over upper teeth and practice the molding movements.

Boil water. Remove water from heat source. Let the water sit for 30 seconds then drop the mouth guard into the water for 70 seconds. Do not let mouthguard sit in water longer than 90 seconds. Do not keep the mouth guard in hot water for too long, as the shape will distort.

Use the metal tongs to remove mouth guard from the water and dip in cold water for 1 second.

Using a mirror to line up the mouth guard center with your front teeth, promptly place the mouth guard around your upper teeth.

Close the teeth quickly but gently to ensure an even bite. Do not bite through the plastic. Push mouth guard up and in towards teeth with fingers, at the same time gently suck all air and water out until a tight fit forms around the upper teeth.

Hold in this position for about 30 seconds.

Remove the guard and place in cold water for 1 minute.

Replace the guard into your mouth and if the fit is not comfortable, repeat steps 2 to 7 to remold.

For smaller adult mouths, the guard can be shortened by trimming the ends with sharp scissors.

MAINTENANCE: It is very important to check your mouthguards regularly for any signs of damage which may reduce the level of protection being offered by the protector. If the mouthguard shows any signs of wear, cracks, separation of layers or splits throw it away and obtain a replacement immediately. Dependent upon the regularity and severity of use, your mouthguard should be replaced after a year of use, although this may vary, and products should be visually inspected prior to each use for damage or other irregularities as outlined above and checked for fit. Used products should be disposed of in accordance with the local and national environmental regulations at an appropriate land fill site. Further information regarding these regulations can be obtained from your local authorities.

STORAGE: The mouthguard box provided with your chosen product provides a secure, clean storage for your mouthguard. The mouthguard should always be stored in the mouthguard box when not in use. Be sure to use the storage box when transporting you mouth guard to and from sports events. Do not place beneath heavy items that may damage the box or mouthguard. Do not expose the mouthguards or boxes to chemical substances, hazardous substances, or fire, which may contaminate the product and have an adverse effect on the level of protection offered by these products.

REPAIRS AND MODIFICATIONS: The manufacturer cannot guarantee the performance of the product or the level of protection that is offered by the protector if modifications or repairs are carried out on this product by the user.

CLEANING After each use, the mouthguard and mouthguard box should be washed by rinsing with fresh water (no hotter than 35°C / 95°F) or mouthwash. Do not use detergents or solvent cleaners. Allow to air dry away from sunlight or direct heat sources before storing. Wash case separately with soap and water.

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