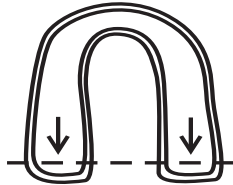


## **MOUTHGUARD INSTRUCTIONS**



1. Drop mouthguard into boiling water for 7 seconds.  
Remove with tongs.
2. Place mouthguard IMMEDIATELY around upper teeth.  
Mouthguard will be warm but will not burn. INSTANTLY  
secure guard by pressing tongue against back of upper teeth.  
While holding the guard in this position, SUCK OUT all air  
and water until guard molds to a tight fit around upper teeth.
3. Remove mouthguard and place in cold water. If you do  
not get a tight fit, repeat procedure. Use marking pencil for  
identification. For smaller mouths, guards may be shortened  
by cutting along rib marks just above the arrows as  
indicated.



**USER ASSUMES ALL RISK OF INJURY**