

SELF-IMPRESSION KIT

2 BITE IMPRESSION FORKS
8 PACKS DENTAL PUTTY

Warning: For external use only. DO NOT EAT.

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2 Bite Impression Forks / 8 Dental Putty Packs
Postage Pre-Paid Return Label

DIRECTIONS

Remove all items from the package, and save the enclosed items and return shipping label for your reuse.

1. Place all dental putty packs in refrigerator for 15 minutes. Brush your teeth, then wash and dry your hands thoroughly. Gather the dental putty packs from the refrigerator, 2 bite impression forks and have a mirror close by. The bite impression fork has a raised channel on the top to guide your upper front teeth.

2. Knead 1 purple and 1 white dental putty pack in your fingers, twisting to mix to a uniform color in 20-30 seconds, then make a ball. Skewer the ball on one end of the bite impression fork, then open another putty pack and make another ball and shape the material around the bite impression fork, with a thick amount on the upper and lower surfaces, leaving the handle clean.

3. Now place the bite impression fork in your mouth, centering your upper front teeth in the raised channel in the middle of the bite impression fork (the mirror really comes in handy) and bite down slowly, completely and fully. Do not open your mouth once you have bitten down on the material. Keep your mouth closed.

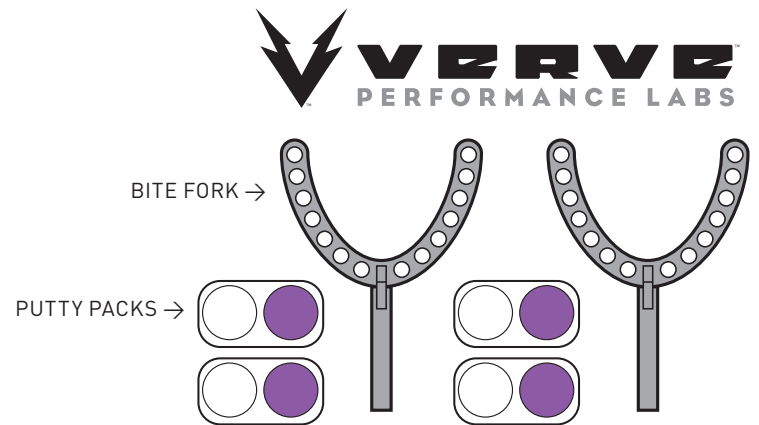
4. With the bite impression fork now in your mouth, gently push on your cheeks to move the putty material up against your outside teeth and gumline with your fingers, and use your tongue on the inside of your mouth to push the putty against your inside teeth and gumline. Wait 3 minutes for the putty to fully set.

5. Now gently remove the bite impression fork and inspect - you should be able to clearly see your upper and lower bite impressions on the bite fork, as well as your gumlines.

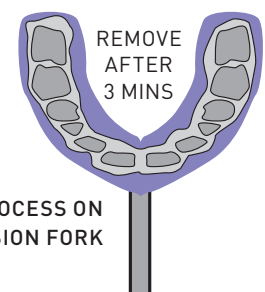
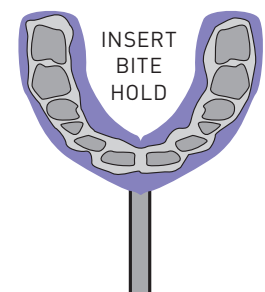
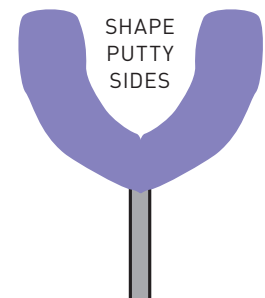
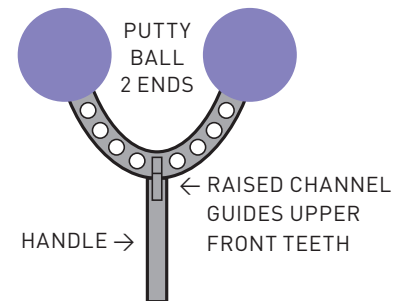
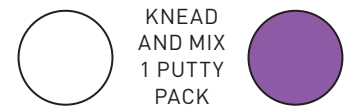
Next, repeat the process on the extra bite impression fork to make a second set of impressions for 100% accuracy. Do not skip this important repeat process!

Now place the 2 completed bite impression forks in the original bag, close and place in original package, tape securely, and affix the return postage label. Contact FedEx for pick up, or drop off at your nearest local FedEx facility.

You will receive your VO2Max Custom Pro mouthguard in 10 business days!



NOTE: Images not to scale.



REPEAT THIS ENTIRE PROCESS ON
THE SECOND BITE IMPRESSION FORK