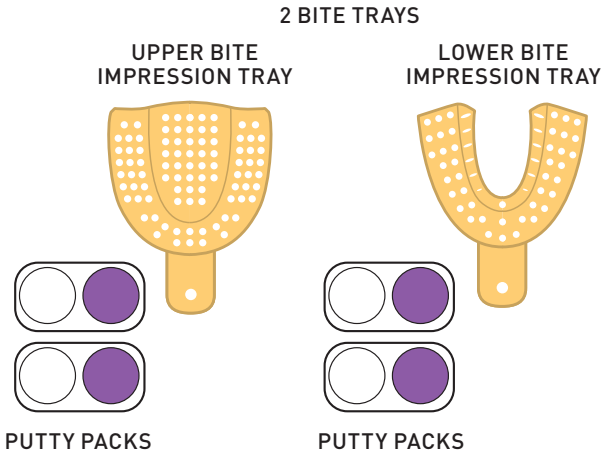


**SELF-IMPRESSION KIT**

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

**CONTENTS**



**DIRECTIONS**

**Before beginning:** 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, the two bite impression trays and use a mirror during the taking of your bite impressions. The bite impression trays have a v groove on the top to help center the tray on either your upper or lower teeth. Note: the tray for your lower teeth looks like the letter U.

**Step 1** Knead 2 purple and 2 white dental putty packs in your fingers, twisting to mix to a uniform color in 20-30 seconds.

**Step 2** Insert the putty in either upper or lower bite impression tray to fill as depicted. **Do not do both bite impression trays at the same time.**

**Step 3** Now shape the putty material fully inside the bite impression tray, filling the tray, leaving the handle clean for you to hold.

**Step 4** Now angle the bite impression tray slightly and using a finger to pull your mouth wider, insert the bite impression tray in your mouth. Center the bite impression tray (the mirror really comes in handy) and press into place on your teeth, completely and fully to take an impression. Close your mouth biting down slightly to keep the tray in place.

With the bite impression tray now in your mouth, be sure and keep your mouth closed and use your tongue on the inside of your mouth to hold the tray in place. **Do not open your mouth, and wait 2-3 minutes for the putty to fully set.**

**Step 5** Now gently remove the bite impression tray and inspect - depending on which tray you started with, you should be able to clearly see either your upper or lower bite inside the bite impression tray.

**Next, repeat the entire process on the other bite impression tray to make your other impression.**

Now place the 2 completed bite impression trays 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 dropoff box or facility.

You will receive your VO2Max Custom Pro mouth-guard in approximately 14-21 business days after we receive your impression at our facility!

Welcome to the Verve Performance Labs family!

