

**The finest nighttime bite guard directly available to consumers for protection against bruxism (nighttime teeth grinding).**

**Why is LunaGuard™ the best choice for protection against bruxism?**

#### **PROTECTS Against Grinding and Clenching**

The LunaGuard™ provides exceptional protection due to its unique design and materials. It is made of a strong thermoplastic that prevents the user from biting through the guard.

#### **ULTRA THIN For Superior Comfort**

The LunaGuard™ is only 1.6 mm thick. Its sleek, lightweight design allows for total comfort while sleeping, and it is so thin that it does not impede speaking, drinking or breathing.

#### **PERFORATED for Maximum Protection with Diffusix™ Technology**

The unique Diffusix™ Technology uses perforations to diffuse and absorb grinding forces, protecting the teeth from the pressure of grinding or clenching. This technologically innovative design ensures maximum protection against bruxism.

#### **REMOLDABLE For a Perfect Fit**

The LunaGuard™ is designed for a quick and easy custom fit for optimal performance. It is made from a unique thermoplastic that allows it to be remolded (up to 20 times) if you do not get the exact fit you want during the first fitting. The material used in the LunaGuard™ is BPA, PVC, Latex and Phthalate Free.

#### **FITTING INSTRUCTIONS**



1. Wash your hands with soap and water.



2. Heat enough water to submerge the bite guard to 160°F (71°C) (hot, but not boiling or scalding water) on the stove top or in a microwave oven. Immerse the bite guard until the material turns clear. Once it turns clear, it is soft and pliable and ready for fitting. Lift up the material with a fork.



3. Hold the soft material as shown in the picture. **DO NOT LET IT FOLD ONTO ITSELF!**

4. With the aid of a mirror, position the material so that the solid area (the area without the holes) is against the chewing surfaces of your upper teeth. Make sure most of the material is on the forward facing side of your teeth. Then, bite down **gently** and press your tongue against the material to hold it in place. Do not overstretch the material when it is soft.

5. **Gently** mold the bite guard against the front of your teeth with your fingertips to the gum line.

6. Close your lips over the bite guard and **gently** create suction to ensure a snug fit. Then, wait 5 minutes for the material to fully harden before removing the bite guard.

7. To remove the bite guard, grasp the top front edge with fingertips of both hands and pull down to release.

**NOTE:** If you are not satisfied with the initial fitting, just slip the bite guard back into the hot water and repeat the fitting process. For video fitting instructions, please go to [www.lunadentalguard.com](http://www.lunadentalguard.com). We recommend replacing your LunaGuard™ after 6 months of use.

**WARNINGS:** Not for use by persons under the age of 12 • If you wear braces, you must have the bite guard fitted by your orthodontist or dentist. **DO NOT TRY TO FIT IT ON YOUR OWN** • Do not use an improperly fitted bite guard. Improper use may cause health risks or decrease the effectiveness of the protective properties of the bite guard • Do not overstretch the material when it is soft. This may thin out the material and decrease the strength of the bite guard • To avoid situations where inhalation or swallowing of the bite guard can occur, make sure the bite guard has a snug, secure fit • Do not use if you have artificial dentures, loose teeth, loose fillings, loose caps, cavities without fillings, sores in your mouth or bleeding gums • Do not expose the bite guard to temperatures exceeding 160°F (71°C) or to open flames. Keep protected from warm environments, such as a hot dashboard in a car • Be careful if you use nail polish or artificial nails, as the material can stick to these surfaces while fitting • Do not expose to teeth bleaching agents • If you experience pain or discomfort, consult your dentist before continuing use • **Do not use the LunaGuard™ as an athletic mouth guard.**

**CLEANING AND STORAGE:** Gently clean the LunaGuard™ with a mild soap and lukewarm water, or with a toothbrush and non-whitening toothpaste. Thoroughly rinse and dry before storing in the convenient storage case. Store your bite guard at room temperature under dry conditions.

**GUARANTEE:** The LunaGuard™ is guaranteed for durability for 180 days. If during this time you chew through, wear out, tear, or destroy your LunaGuard™ through normal use, please send it to us with the original receipt and an explanation of your experience and we will replace it with a new one.

**How was the LunaGuard™ developed?** The LunaGuard™ Nighttime Dental Protector (bite guard) was developed by a unique team of professionals including an Ear, Nose and Throat physician, an orthodontist, and an engineering professor. This team explored multiple aspects of teeth protection including strength, comfort, and fit. After significant testing, they developed a superior device – the LunaGuard™ Nighttime Dental Protector.

**From the makers of Mack's®** McKeon Products, Inc., the makers of Mack's® hearing protection and ear care products, is pleased to bring you the LunaGuard™. In business since 1962, McKeon is committed to supplying the highest quality, innovative healthcare products to consumers. The Mack's® brand is the #1 doctor recommended brand of earplugs. Learn more about Mack's® products at [www.macksearplugs.com](http://www.macksearplugs.com).