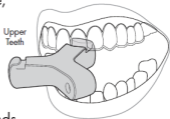


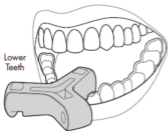
MUNCHIES®

Quick Start Guide

1. With the aligner in place, put the top teeth into the bigger groove on the Munchie and bite your lower teeth against it. Bite on all your front teeth for about 20 seconds each.



2. With the aligner in place, put your bottom teeth into the smaller groove on the Munchie and bite your top teeth against it. Bite on all your front teeth for about 20 seconds each.

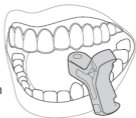


Please turn over the page for more instructions

www.orthomunchies.com



3. With the aligner in place, place the Munchie between your upper and lower back teeth on one side of your mouth and bite up and down for 30 seconds.



You will feel the aligner fit far better.

Repeat on the other side of your mouth.

4. Repeat this process each time you re-insert your aligners.

For more information visit:

www.orthomunchies.com

Customer Care:

Australia Ph: 1300 688 565

USA/Canada Ph: 844 808 8272



ACP



Sample Pack

Manufacturer: EOCA MD Pty Ltd
16 Transvaal Ave, Double Bay NSW 2028

Australia



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