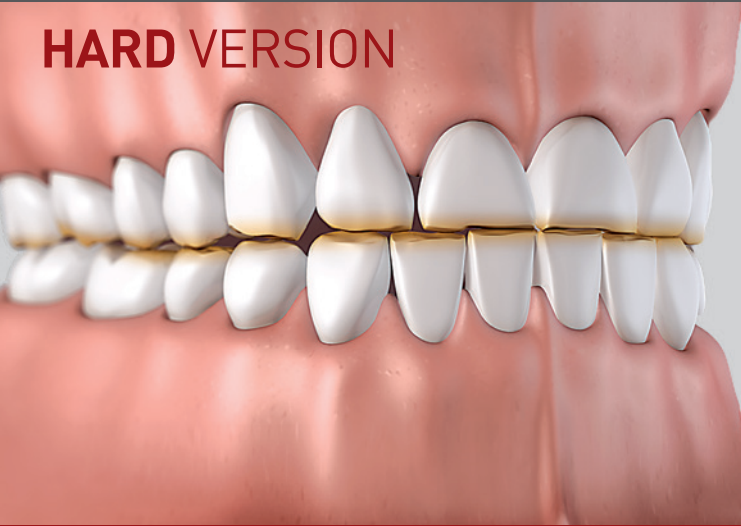


# BRUXOGARD™

Protects your teeth and jaws  
from night time bruxing

**HARD** VERSION



# BRUXOGARD™

[www.myoresearch.com](http://www.myoresearch.com)

WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

# BRUXOGARD™


The **BRUXOGARD™** is fitted over the teeth and worn at night while sleeping. It features a unique flat base specifically designed to protect your teeth and jaws from the effects of night tooth grinding (bruxing). The **BRUXOGARD™** is best moulded by your dentist. If you need further moulding, follow the below instructions.

## BRUXOGARD™ HARD MOULDING INSTRUCTIONS


READ ALL INSTRUCTIONS BEFORE BEGINNING THE MOULDING.

- 1 Place **BRUXOGARD™** (tongue tag down) into bowl of freshly boiled water (100°C / 212°F) for **90 SECONDS**.
- 2 Lift **BRUXOGARD™** gently from water using spoon.
- 3 Cool under tap water for ONE SECOND ONLY bringing surface temperature to comfortable level. Quickly move onto next step.
- 4 Watching in mirror, line up centre of **BRUXOGARD™** (tongue tag up) with centre line of upper teeth and proceed rapidly with steps 5 to 7.
- 5 Fit **BRUXOGARD™** into upper teeth and press firmly into front teeth and molars.
- 6 Place tip of tongue on tongue tag and close mouth while biting down hard on **BRUXOGARD™**.
- 7 Suck in strongly and press edges of **BRUXOGARD™** into teeth and gum line through the lips and cheeks (continue for 20 seconds). Remove from mouth and place in a bowl of cold water for 1 minute. Replace into mouth and test for a good firm fit. Repeat steps 1 to 7 if the fit is not accurate (reheat water to 100°C).

To clean, rinse under warm water. Use toothpaste to clean if desired. Heavy bruxers may wear the **BRUXOGARD™** out quickly. Replace if splitting and deterioration occurs.

 by **Myofunctional Research Co.**  
**Myofunctional Research Co. Australia:**  
44 Siganto Drive, Helensvale QLD 4212 Australia  
Tel: +61 7 5573 5999

**USA Representative:**  
**Myofunctional Research Co. USA**  
9267 Charles Smith Avenue, Rancho Cucamonga CA 91730 USA  
PO Box 2781, Rancho Cucamonga CA 91730 USA  
Tel: +1 866 550 4696

 **European Representative:**  
**Myofunctional Research Europe B.V.**  
Gompenstraat 21c 5145 RM Waalwijk The Netherlands  
P.O. Box 718, 5140 AS Waalwijk The Netherlands  
Tel: +31 416 651 696

Single Patient Use.



**MYOFUNCTIONAL  
RESEARCH CO.**

**INNOVATIVE DENTAL APPLIANCE  
TECHNOLOGY AND EDUCATION**



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