

***Please read all the instructions before beginning.**

PRIOR TO TREATMENT: Brush and floss your teeth just prior to bleaching.

TRAY PREPARATION: Mold the "boil'n-bite" trays to your teeth. They are molded by dipping them in hot or boiling water and then biting down on them to form a precise mold of the teeth.

STEP 1: Bring a pot of water to a boil, remove from heat, and wait one minute. **Holding one tray by the tab, dip it in the water up to the junction where the tab connects with the tray for about 5 seconds**, or until the tray begins to wilt slightly. Immediately remove the tray as soon as it begins to wilt.

⚠ CAUTION: Submerging the tray for too long or allowing the tray to stick to itself will render it unusable.

STEP 2: Immediately insert the mouth tray under your upper teeth and bite down on it (don't worry, it's not too hot), while at the same time pressing it very firmly against the front of your teeth with your fingers (making sure you create indentations for each tooth). Also press the back of the tray into your teeth with your tongue. Let it set until firm, and this upper tray should now be perfectly molded to your teeth. If it is not molded enough, the tray can be remolded. Just repeat step 1 and 2, and press harder with your fingers. If the back end of the tray got folded onto itself, don't worry because only the front 8 of your teeth are visible.

Repeat with the other mouth tray. You will only need to conduct the molding procedure the first time you use the trays since the shape is retained permanently.

STEP 3: When you have finished molding both trays, cut the holding-tabs off. You can also cut the part of the mouth tray edge above where the indentations of your teeth are so that you get a better fit.

STEP 4: Make sure that the trays are clean and dry before applying the whitening gel (larger syringe). Do not put too much gel as this will cause it to go on your gums and could cause gum irritation. Place a small bead of gel in each tooth indentation on the inner front surface of the tray, and spread it evenly in each indentation. Each tray requires less than 0.5 mL of whitening gel. Repeat with second tray. Recap the syringe for the next application until empty.

STEP 5: Insert each whitening tray onto the respective teeth. Set the tray firmly against the teeth. Wipe off any excess gel that has seeped over the brim of the tray onto the gums with a tissue.

STEP 6: Wear the tray between 30 and 60 minutes. Use once a day for 7-14 consecutive days. Do not exceed 1 hour per application.

STEP 7 (optional): Open the back of the mini LED light and remove the batteries and transparent plastic tab that is below the batteries. Discard tab, re-insert batteries, and press the top button to turn light on. Once the gel has been applied to the trays and they are already in your mouth, place the light in your mouth by putting the light's clear shield between the trays and the inside of your lips. Keep the light there during the application.

STEP 8: After completion of each whitening session, remove the trays and rinse off any remaining gel.

REMINERALIZATION GEL (blue gel): The remineralizing gel is used to replenish essential minerals in the teeth and prevent or eliminate tooth sensitivity. Use this gel AFTER you have finished all the whitening gel in the kit (or feel that your teeth are as white as you want them and will not be using the whitening gel for a few months). Ensuring that your trays are clean and dry, place enough remineralizing gel on the inner front surface of the tray to cover your teeth entirely. Wear trays for 10 minutes. Remove trays, clean trays after use, and **do not** rinse your mouth.

You can also use the remineralizing gel if you get tooth sensitivity during the treatment.

⚠ STORAGE: Do NOT store the gel in refrigeration.

Wash your trays with a toothbrush. Store in a clean, dry place (preferably in the included mouth tray case).

WARNING: Keep out of reach of children. Avoid contact with eyes or skin. If contact occurs, wipe gel off and rinse with water.

DO NOT USE IF YOU: are pregnant/nursing, have poor dental health (decaying teeth, exposed roots, gum disease), wear braces, had recent oral surgery, or are allergic to peroxide. At-home treatments carry minor risks, and you should consult your dentist.

RISKS: Try to prevent contact between the gel and soft tissues as it could cause irritation. A very small percentage of people might experience an allergic reaction to peroxide, which usually manifests itself as irritation or blisters on the lips and/or gums. If this occurs, discontinue use immediately, rinse the irritated area well and consult your doctor or dentist if desired. These effects will disappear within a few days by themselves.

Discontinue use if you feel a sharp pain in a tooth that lasts more than a few seconds, and consult with your dentist immediately.

IMPORTANT: During the entire length of your whitening treatment, you should avoid staining (dark) beverages and foods as much as possible, including coffee, tea, red wine, colas, red and dark sauces, and citrus beverages. If you must consume these, it is highly recommended to do so through a straw. Avoid smoking as much as possible too.

Use only under the supervision of a dentist.

The manufacturer and seller accept no responsibility for any usage of this product.

WHITENING GEL INGREDIENTS: GLYCERIN, UREA PEROXIDE, AQUA, POTASSIUM NITRATE, ACRYLATES/C10-30 ALKYL ACRYLATE CROSSPOLYMER, MENTHA PIPERITA (PEPPERMINT) OIL, SODIUM HYDROXIDE, DISODIUM EDTA

REMINERALIZING GEL INGREDIENTS: ACTIVE INGREDIENT: SODIUM FLUORIDE (0.15%W/W FLUORIDE ION)
OTHER INGREDIENTS: GLYCERIN, AQUA, POTASSIUM NITRATE, ACRYLATES/C10-30 ALKYL ACRYLATE CROSSPOLYMER, CALCIUM PHOSPHATE, SODIUM HYDROXIDE, SODIUM SACCHARIN, MENTHA PIPERITA (PEPPERMINT) OIL, SODIUM BENZOATE, CI42051

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