

## GuruNanda 504

# GuruNanda Original Oil Pulling Mouthwash Instruction Manual

Model: 504 | Brand: GuruNanda

## 1. PRODUCT OVERVIEW

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The GuruNanda Original Oil Pulling Mouthwash is a natural, Ayurvedic oral rinse designed to support comprehensive oral hygiene. This alcohol-free blend utilizes 100% pure, natural oils to promote a clean mouth, healthy gums, and fresh breath. Each 8.45 fl oz bottle includes a tongue scraper for enhanced cleaning.

Key benefits include deep cleaning, aiding in saliva production, promoting plaque removal, and supporting overall teeth and gum health for a brighter smile and fresher breath. This product is proudly made in the USA with international and domestic ingredients, free from fluoride and added preservatives.

## 2. INGREDIENTS

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The GuruNanda Original Oil Pulling Mouthwash features a blend of natural oils and essential oils:

- **100% Pure Sesame Seed Oil** (*Sesamum indicum*)
- **Sunflower Seed Oil** (*Helianthus annuus*)
- **Fractionated Coconut Oil** (*Cocos nucifera*)
- **Peppermint Essential Oil** (*Mentha piperita*)

*Note: Packaged in a facility that processes peanuts, tree nuts, soy, milk, and/or wheat.*

## 3. SETUP

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Before first use, ensure the neckband on the bottle is intact. Shake the bottle well to ensure proper mixing of the ingredients. Locate the included tongue scraper for use after oil pulling.

## 4. OPERATING INSTRUCTIONS

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1. **Timing:** Use the oil pulling mouthwash shortly after waking, before eating or brushing your teeth.
2. **Measure:** Pour approximately 10-15ml (about 1 tablespoon) of GuruNanda Pulling Oil into the measuring cup.
3. **Swish:** Place the oil in your mouth and gently swish it, pushing it between your teeth and around your mouth. Begin with 2 minutes and gradually increase the duration to up to 10 minutes as comfortable.  
**DO NOT SWALLOW THE OIL.**
4. **Discard:** After swishing, spit the oil into a trash can. **Do not spit into a sink or toilet to avoid clogging pipes.**
5. **Rinse:** Wash your mouth thoroughly with fresh, clean water.
6. **Brush:** Brush your teeth with a toothbrush and toothpaste.
7. **Scrape:** Use the provided tongue scraper to clean your tongue.

## 5. MAINTENANCE

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Store the GuruNanda Original Oil Pulling Mouthwash in a cool, dry place away from direct sunlight. Ensure the cap is tightly sealed after each use. Clean the tongue scraper with water after each use and store it in a hygienic manner.

## 6. SAFETY INFORMATION

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- Keep out of reach of children.
- If more than one tablespoon is swallowed, consult a physician.
- Use only as directed.
- If irritation develops, discontinue use immediately.
- Do not use if you are allergic to any of the ingredients in this product.
- Do not use if the neckband is broken or missing.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

## 7. SPECIFICATIONS

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Feature	Detail
Product Dimensions	6 x 2 x 2 inches
Item Weight	8 ounces
Liquid Volume	8.45 Fluid Ounces
Flavor	Original (Peppermint)

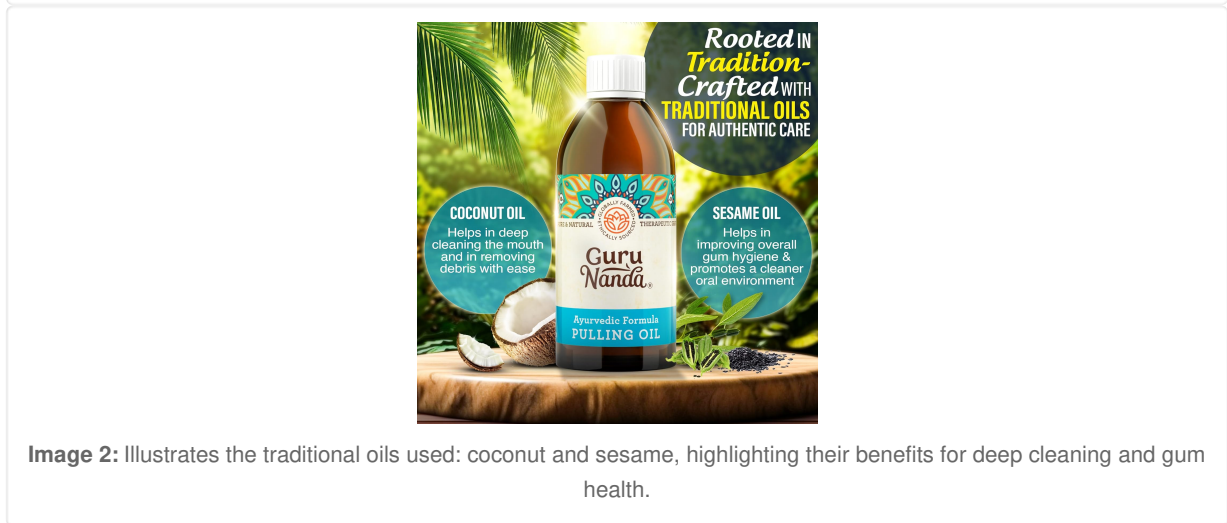
Age Range Description	Adult (Children under 12 with supervision)
Material Features	Alcohol Free, Natural, Preservative Free
Material Type Free	Alcohol Free, Fluoride Free, GMO Free

## 8. VISUAL GUIDE

### Product Images



**Image 1:** Front view of the GuruNanda Original Oil Pulling Mouthwash bottle.



**Image 2:** Illustrates the traditional oils used: coconut and sesame, highlighting their benefits for deep cleaning and gum health.



**Image 3:** Visual representation of the key ingredients: sesame, sunflower, fractionated coconut, and peppermint oil, emphasizing their roles in oral health.



**Image 4:** Highlights the product's quality attributes including 100% natural, cruelty-free, vegan, non-GMO, Kosher, and Made in USA certifications.



**Image 5:** Step-by-step visual guide on how to use the oil pulling mouthwash, from measuring to brushing.



**Image 6:** Displays the front and back labels of the product bottle, showing directions for use and ingredients.

## Product Videos

**Video 1:** An official video from GuruNanda LLC titled 'Meet the Pioneer - GuruNanda Original Oil Pulling', demonstrating the product and its benefits.

**Video 2:** A merchant video titled 'GuruNanda Oil Pulling Oil, Natural Mouthwash, Ayurvedic Blend of Coconut, Sesame, Sunflower, &', providing an overview of the product's natural composition.

## 9. TROUBLESHOOTING

If you experience any discomfort or unusual reactions while using the product, discontinue use immediately. Ensure you are not swallowing the oil during the swishing process. If you accidentally swallow more than a

tablespoon, consult a physician. For persistent oral health concerns, consult a dental professional.

## 10. WARRANTY AND SUPPORT

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For product support, inquiries, or information regarding potential warranties, please contact GuruNanda LLC directly. Contact details may be available on the product packaging or the official GuruNanda website. Always refer to the manufacturer's official resources for the most accurate and up-to-date information.