

## Adams MG-301

# Adams MG-301 Mouthguard User Manual

Model: MG-301

## 1. INTRODUCTION

This manual provides comprehensive instructions for the proper use, fitting, and maintenance of your Adams MG-301 Mouthguard. Designed for universal fit, this mouthguard offers essential protection for various sports activities. Please read these instructions carefully before first use to ensure optimal performance and safety.

## 2. PRODUCT OVERVIEW

The Adams MG-301 Mouthguard is a form-fit mouthguard equipped with a strap for secure attachment to helmets or face masks. It is designed to provide a custom fit in approximately 30 seconds, ensuring comfort and protection.

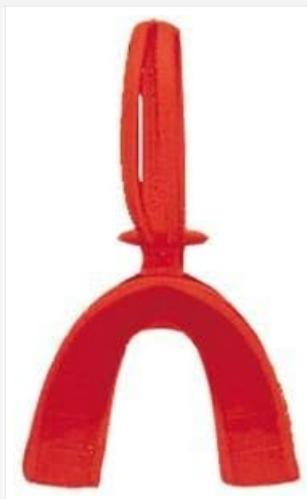


Figure 2.1: The Adams MG-301 Mouthguard in Scarlet Red, showing its U-shaped design and integrated strap for attachment.

## Key Features:

- Universal Size: Designed to fit most users.
- Form Fit: Molds to the user's teeth for a personalized fit.
- Integrated Strap: Allows for secure attachment to sports equipment.
- Quick Customization: Achieves a custom fit in approximately 30 seconds.

## 3. SETUP AND FITTING INSTRUCTIONS

Proper fitting is crucial for the effectiveness and comfort of your mouthguard. Follow these steps carefully to achieve a custom fit.

## Materials Needed:

- Small saucepan
- Slotted spoon
- Bowl of cold water
- Mirror (optional)

## Fitting Steps:

1. **Boil Water:** Bring a saucepan of water to a rolling boil.
2. **Submerge Mouthguard:** Carefully place the mouthguard into the boiling water using a slotted spoon. Keep it submerged for approximately 20-30 seconds. *Do not exceed 30 seconds, as this may damage the mouthguard.*
3. **Remove and Cool Briefly:** Using the slotted spoon, remove the mouthguard from the boiling water. Dip it into the bowl of cold water for 1-2 seconds to cool the outer surface slightly, making it safe to handle.
4. **Position in Mouth:** Carefully place the mouthguard over your upper teeth. Ensure it is centered.
5. **Form Fit:** Bite down firmly, and simultaneously use your fingers to press the mouthguard against your teeth and gums from the outside. Suck in strongly to create a vacuum and mold the mouthguard tightly around your teeth. Use your tongue to press from the inside.
6. **Hold Position:** Hold this position for at least 30 seconds to allow the material to set.
7. **Cool and Test:** Remove the mouthguard and immediately place it into the bowl of cold water for 30 seconds to set the mold permanently. After cooling, test the fit. It should feel snug and secure, staying in place without needing to be held.
8. **Re-fitting (if necessary):** If the fit is not satisfactory, you can repeat the process. However, avoid excessive re-fitting as it may degrade the material.

## 4. OPERATING (USAGE)

Once fitted, your Adams MG-301 Mouthguard is ready for use. Always wear your mouthguard during sports activities where there is a risk of impact to the face or mouth.

### Wearing Instructions:

- Ensure the mouthguard is clean before each use.
- Place the mouthguard firmly over your upper teeth.
- If your mouthguard has a strap, attach it securely to your helmet or face mask as per your equipment's instructions.
- Bite down gently to ensure it is seated correctly.

The mouthguard is designed to absorb shock and protect your teeth, gums, and jaw from injury. It should allow for comfortable breathing and speaking.

## 5. MAINTENANCE AND CARE

Proper maintenance will extend the life of your mouthguard and ensure hygienic use.

### Cleaning:

- **After Each Use:** Rinse your mouthguard thoroughly with cool water.
- **Daily Cleaning:** Brush your mouthguard with a toothbrush and mild soap or non-abrasive toothpaste. Rinse thoroughly to remove all soap residue.
- **Deep Cleaning (Weekly):** You can use a mouthguard cleaning tablet (available at pharmacies) or a solution of equal parts

white vinegar and water for a deeper clean. Soak for 15-30 minutes, then rinse thoroughly.

- **Avoid:** Do not use hot water for cleaning, as it can distort the mouthguard's shape. Avoid abrasive cleaners or harsh chemicals.

### Storage:

- Store your mouthguard in a ventilated case when not in use to prevent bacterial growth.
- Keep it away from direct sunlight or high temperatures, which can cause warping.

### Replacement:

Mouthguards should be replaced at the beginning of each new sports season, or sooner if they show signs of wear, tear, or damage (e.g., cracks, holes, loose fit). A damaged mouthguard may not provide adequate protection.

## 6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Mouthguard feels too loose or falls out.	Improper fitting; not molded tightly enough.	Re-boil and re-fit the mouthguard following the instructions in Section 3. Ensure firm biting and suction during molding.
Mouthguard feels too tight or uncomfortable.	Over-molding or incorrect positioning during fitting.	Re-boil and re-fit, paying attention to not over-press or over-suck. Ensure it's centered. If discomfort persists, consult a dental professional.
Mouthguard has an unpleasant odor or taste.	Insufficient cleaning; bacterial buildup.	Clean thoroughly after each use. Perform a deep clean using a mouthguard cleaning tablet or vinegar solution. Ensure proper drying and storage in a ventilated case.
Mouthguard is damaged (cracked, torn).	Normal wear and tear; excessive biting; impact.	A damaged mouthguard offers reduced protection. It should be replaced immediately.

## 7. SPECIFICATIONS

- **Model:** MG-301
- **Type:** Boil-and-Bite Mouthguard with Strap
- **Size:** Universal
- **Colors Available:** Black, Clear, Gold, Green, Maroon, Navy, Orange, Pink, Purple, Royal Blue, Scarlet Red
- **Intended Use:** Sports protection for teeth, gums, and jaw.

## 8. WARRANTY AND SUPPORT

Adams products are manufactured to high standards. For specific warranty information or support inquiries regarding your MG-301 Mouthguard, please refer to the product packaging or visit the official Adams brand website. Keep your proof of purchase for any warranty claims.

For further assistance, you may contact Adams customer service through their official channels.

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This manual is for informational purposes only. Always consult with a dental professional for personalized advice regarding mouthguard use.