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## Venum Venum Predator Mouthguard

# Venum Predator Mouthguard User Manual

Model: Venum Predator Mouthguard

## INTRODUCTION

The Venum Predator Mouthguard is designed to provide advanced dental protection for athletes in combat sports. Featuring a triple-layer system and Nextfit Gel technology, it offers optimized alignment and enhanced shock absorption. This manual provides instructions for proper fitting, usage, and maintenance to ensure maximum effectiveness and longevity of your mouthguard.



Image: Front view of the Venum Predator Mouthguard in orange and black.

## FITTING INSTRUCTIONS

For optimal protection and comfort, the Venum Predator Mouthguard requires proper fitting. This mouthguard utilizes a boil-and-bite method to custom mold to your teeth. **Note: This mouthguard is not for use with braces.**

### Boil-and-Bite Method:

1. **Boil Water:** Bring a pot of water to a rolling boil.
2. **Prepare Mouthguard:** Carefully submerge the mouthguard in the boiling water for approximately 30-45 seconds. Do not exceed 45 seconds, as this may damage the mouthguard.
3. **Remove from Water:** Using a slotted spoon or tongs, carefully remove the mouthguard from the boiling water.
4. **Cool Slightly:** Dip the mouthguard into a bowl of cold water for 1-2 seconds to cool the outer surface, making it safe to handle. Ensure the inside remains pliable.
5. **Position in Mouth:** Carefully place the mouthguard into your mouth, centering it on your upper teeth. Bite down firmly, creating an impression of your teeth. Use your fingers to press the mouthguard against the front and sides of your teeth and gums for a tight, custom fit.
6. **Hold Position:** Keep biting down and sucking firmly for about 20-30 seconds to create a vacuum and ensure a secure mold.
7. **Cool Completely:** Remove the mouthguard and place it in cold water for at least 30 seconds to set the mold.
8. **Test Fit:** Insert the mouthguard into your mouth. It should feel snug and comfortable, staying in place without needing to be held by your tongue. If the fit is not satisfactory, you may repeat the process.



Image: Side view of the Venum Predator Mouthguard, illustrating its profile for fitting.

## USAGE

Once properly fitted, the Venum Predator Mouthguard is ready for use during training or competition. Always ensure the mouthguard is securely in place before engaging in any activity where dental protection is required.

- **Placement:** Insert the mouthguard over your upper teeth, ensuring it covers all teeth and fits snugly.
- **Breathing:** The mouthguard is designed with an exclusive breathing channel to facilitate increased airflow during use.
- **Protection:** The triple-layer system and Nextfit Gel work together to absorb and disperse impact,

protecting your teeth, gums, and jaw.

## CARE AND MAINTENANCE

Proper care and maintenance will extend the life of your Venum Predator Mouthguard and ensure hygienic use.

- **Cleaning After Each Use:** Rinse your mouthguard thoroughly with cold water after every use. You can also clean it with a toothbrush and mild soap or non-abrasive toothpaste.
- **Deep Cleaning:** Periodically, you can use a mouthguard cleaning tablet (available commercially) or a solution of equal parts white vinegar and water for a deeper clean. Soak for 15-30 minutes, then rinse thoroughly.
- **Drying:** Always allow the mouthguard to air dry completely before storing it. Do not store it wet, as this can promote bacterial growth.
- **Storage:** Store your mouthguard in the provided protective case when not in use. This protects it from damage and keeps it clean. Avoid leaving it in direct sunlight or extreme heat, which can deform the material.
- **Inspection:** Regularly inspect your mouthguard for any signs of wear, tears, or damage. A damaged mouthguard may not provide adequate protection and should be replaced.

## TROUBLESHOOTING

If you encounter issues with your Venum Predator Mouthguard, consider the following common solutions:

- **Poor Fit:** If the mouthguard feels loose or uncomfortable, you can re-boil and re-mold it following the fitting instructions. Ensure you bite down firmly and use your fingers to press it against your teeth during the molding process.
- **Difficulty Breathing:** While the mouthguard has a breathing channel, some users may initially find it takes time to adjust. Ensure the mouthguard is not too far back in your mouth, obstructing your airway. If issues persist, consult a dental professional.
- **Mouthguard Falling Out:** This indicates an improper fit. Re-mold the mouthguard, paying close attention to pressing it firmly against your teeth and gums to create a strong suction.
- **Discomfort/Soreness:** Initial minor discomfort is normal as you adjust. If soreness persists or is significant, the mouthguard may be ill-fitting. Re-mold or consider consulting a dental professional.

## SPECIFICATIONS

Feature	Detail
Model Name	Venum Predator Mouthguard
Style	Venum Predator Mouthguard
ASIN	B01DEP3G76
Date First Available	March 25, 2016
Size	One Size Fits All
Technology	Nextfit Gel, Triple Layer System

## VENUM SIZE CHARTS

### MOUTHGUARDS

#### > VENUM MOUTHGUARDS SIZE CHART



	SIZE
	ONE SIZE FITS ALL

Image: Venum Mouthguard Size Chart indicating 'One Size Fits All'.

## WARRANTY AND SUPPORT

For information regarding warranty coverage, product support, or any other inquiries, please contact Venum customer service directly. Refer to the official Venum website or product packaging for the most current contact details.

You can visit the official Venum store for more information: [Venum Store on Amazon](#)