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HONEYBULL HB-MG

HONEYBULL Anti Grinding Guard Set Instruction Manual

Model: HB-MG

INTRODUCTION

The HONEYBULL Anti Grinding Guard Set is designed to provide comfortable and effective protection against nighttime teeth grinding (bruxism) and clenching. These custom-fit mouth guards can also be used for light daily activities or as a teeth whitening tray. Made from BPA-free, non-toxic materials, they offer a durable and dependable solution for dental protection.



Image: The HONEYBULL Mouth Guard is designed to alleviate grinding, jaw pain, and toothaches.

VARIOUS USES



TEETH GRINDING



WHITENING TRAY



JAW PAIN



Image: Illustration showing the versatility of the mouth guard for teeth grinding, as a whitening tray, and for jaw pain relief.

GETTING STARTED: CUSTOM FITTING YOUR MOUTH GUARD

Achieving a custom fit is essential for comfort and effectiveness. Follow these steps carefully:

1. **Rinse the Guard:** Before use, rinse the mouth guard with cool water.
2. **Initial Fit Check:** Try the mouth guard on your upper teeth to check if it's too long or tall. If needed, trim any excess material with scissors or a knife for maximum comfort.
3. **Boil Water:** Prepare a bowl of boiled water, deep enough to fully submerge the entire guard.
4. **Soften the Guard:** Place the mouth guard into the boiled water for 20 seconds. Do not exceed 20 seconds as this may damage the guard.
5. **Cool Down:** Using a spoon, pick the guard out of the water and let it cool for 5 seconds. This prevents burns and allows the material to become pliable.
6. **Mold to Your Teeth:** Place the softened guard on your upper teeth. Bite down gently and press the sides with your tongue and fingers for a snug fit. Suck out the air to create a vacuum. Hold this position for approximately 10 seconds to allow it to mold to the contours of your teeth.
7. **Repeat if Needed:** If the guard is not molded enough to your liking, repeat all steps.

EASY TO MOLD

PERFECT CUSTOM FIT ✓



Image: Visual guide showing the three steps for custom fitting: Boil the guard, remove it from water, and bite down to mold it.



Image: A detailed infographic illustrating the custom fitting process: Trim if too long, boil in water for 20 seconds, remove and cool for 5 seconds, then bite down to mold.

TRIM TO PERFECTION

Optional: If Mouth Guard is not Fitting Properly, Trim these Places for Maximum Comfort



FITS ALL MOUTHS ✓

NO NIGHT GRINDING ✓

SLEEP BETTER ✓



Image: Diagram indicating optional trimming areas on the mouth guard for a personalized and comfortable fit.

Video Guide: How To Fit Your HONEYBULL Mouth Guard

Video: A step-by-step demonstration on how to properly fit your HONEYBULL mouth guard for optimal comfort and protection.

USAGE GUIDELINES

The HONEYBULL Anti Grinding Guard is versatile and can be used both day and night, depending on your needs. It is suitable for use during light daily activities or specifically for nighttime protection against teeth grinding.

- **Day Use:** For light clenching or as a general protective barrier during the day.
- **Night Use:** Primarily designed for nighttime teeth grinding and clenching to protect your teeth and jaw.
- **Multiple Sizes:** The set includes guards in two sizes to help you choose the level of protection and comfort that works best for you.

PACK OF 6 GUARDS

THICK SIZE



**6X THICK
HEAVY GRINDING**



TRAVEL CASE



MOLDING STICK



**FOR ADULTS
ONLY
NOT FOR KIDS**



Image: The HONEYBULL Anti Grinding Guard Set includes 6 thick guards, a travel case, and a molding stick, designed for adults with heavy grinding.

Video: HONEYBULL Anti Grinding Guard - Ready When You Are!

Video: An overview of the HONEYBULL Anti Grinding Guard, highlighting its ease of use and readiness for immediate protection.

CARE AND MAINTENANCE

Proper care ensures the longevity and hygiene of your mouth guard:

- **Daily Cleaning:** Every day, brush your guard with toothpaste and rinse with cool water.
- **Avoid Hot Water:** Using hot water for cleaning will cause the guard to lose its shape.
- **Storage:** Store the mouth guard in the provided travel-friendly case when not in use to keep it clean and protected.
- **Check for Wear:** Check your guard monthly for wear. If any holes start to form, then dispose of the guard. The life of the guard depends on the severity of grinding.
- **Avoid Mouthwash:** Do NOT soak the guard in mouthwash, as doing so will severely shorten the life of the guard.

TROUBLESHOOTING

- **Discomfort or Pain:** If you experience pain, discomfort, or other issues while using the guard, discontinue use and consult a dental professional.
- **Improper Fit:** If the guard does not fit properly after molding, repeat the fitting instructions carefully. Ensure you are not biting down too hard on thin guards, as this may create holes.
- **Guard Melting/Deforming:** Ensure you do not leave the guard in boiling water for longer than 20 seconds, and allow it to cool for 5 seconds before placing it in your mouth.

PRODUCT SPECIFICATIONS

Feature	Detail
Brand	HONEYBULL
Model Name	Anti Grinding Guard Set
Item Model Number	HB-MG
Material	Ethylene Vinyl Acetate (EVA)
Color	Clear
Product Dimensions	2.48 x 1.97 x 0.51 inches; 1.06 ounces
Unit Count	6
BPA-Free	Yes

IMPORTANT SAFETY INFORMATION

- Read and follow all fitting instructions carefully before use. Improper fitting may reduce the effectiveness of the mouth guard or result in discomfort.
- Do not use if you are under 18 years of age, wear braces, or have loose teeth, oral sores, or other dental conditions unless directed by a dentist.
- Do not chew on the guard or use it as a sports mouthpiece.
- This product is not intended to diagnose, treat, cure, or prevent any medical condition.
- If you experience pain, discomfort, or other issues while using the guard, discontinue use and consult a dental professional.
- Keep out of reach of children and pets.

SUPPORT & WARRANTY

For any questions, concerns, or if you need a replacement, please contact HONEYBULL customer support. You can reach them via email at support@honeybull.com.

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.

