



Manuals.plus /

› GuruNanda /

› GuruNanda Advanced Oil Pulling Mouthwash Instruction Manual

GuruNanda 03-05-08Z-08112-1

GuruNanda Advanced Oil Pulling Mouthwash Instruction Manual

Model: 03-05-08Z-08112-1

1. INTRODUCTION & PRODUCT OVERVIEW

The GuruNanda Advanced Pulling Oil Mouthwash is a natural, pre-brush oral rinse formulated with Ayurvedic principles. It features a lower density compared to traditional coconut or sesame oils, making it suitable for daily oral care. This product is provided in an 8 fl oz bottle and includes a tongue scraper.

This alcohol-free blend is composed of 100% pure coconut, sesame, and sunflower oils, enriched with essential oils and vitamins D & E. Its hydrophobic and lipid-inspired composition is designed to enhance your daily oral hygiene routine. The Advanced Pulling Oil supports saliva production and plaque removal, contributing to a brighter smile and fresher breath. It is intended as a preventive measure and should not replace professional dental care.



Image: GuruNanda Advanced Oil Pulling Mouthwash bottle, 8 fl oz, with included tongue scraper.

2. KEY FEATURES

- **Advanced Ayurvedic Formula:** A natural, pre-brush rinse inspired by Ayurvedic wisdom.
- **Pure Oil Blend:** Contains 100% pure sesame, sunflower, and coconut oils.
- **Enriched with Vitamins:** Includes essential oils and vitamins D & E.
- **Oral Health Benefits:** Aids in saliva production, plaque removal, and contributes to a brighter smile and fresher breath.
- **Alcohol-Free:** Gentle formulation without alcohol.
- **Natural & Preservative-Free:** Free from artificial flavors, colors, and added preservatives.
- **Toxic-Free:** Made with non-toxic materials.
- **Flavor Profile:** Features a refreshing blend of Coconut, Mint, Clove & Cardamom.

OUR MOST **ADVANCED** BLEND YET

with Sesame and Oregano at the core for serious gum care.



OREGANO

Promotes gum hygiene & soothes gums.



SESAME

Helps in maintaining a cleaner oral environment
Makes flossing easier in tight spaces.



Image: Visual representation of the advanced blend, highlighting sesame and oregano for gum care.

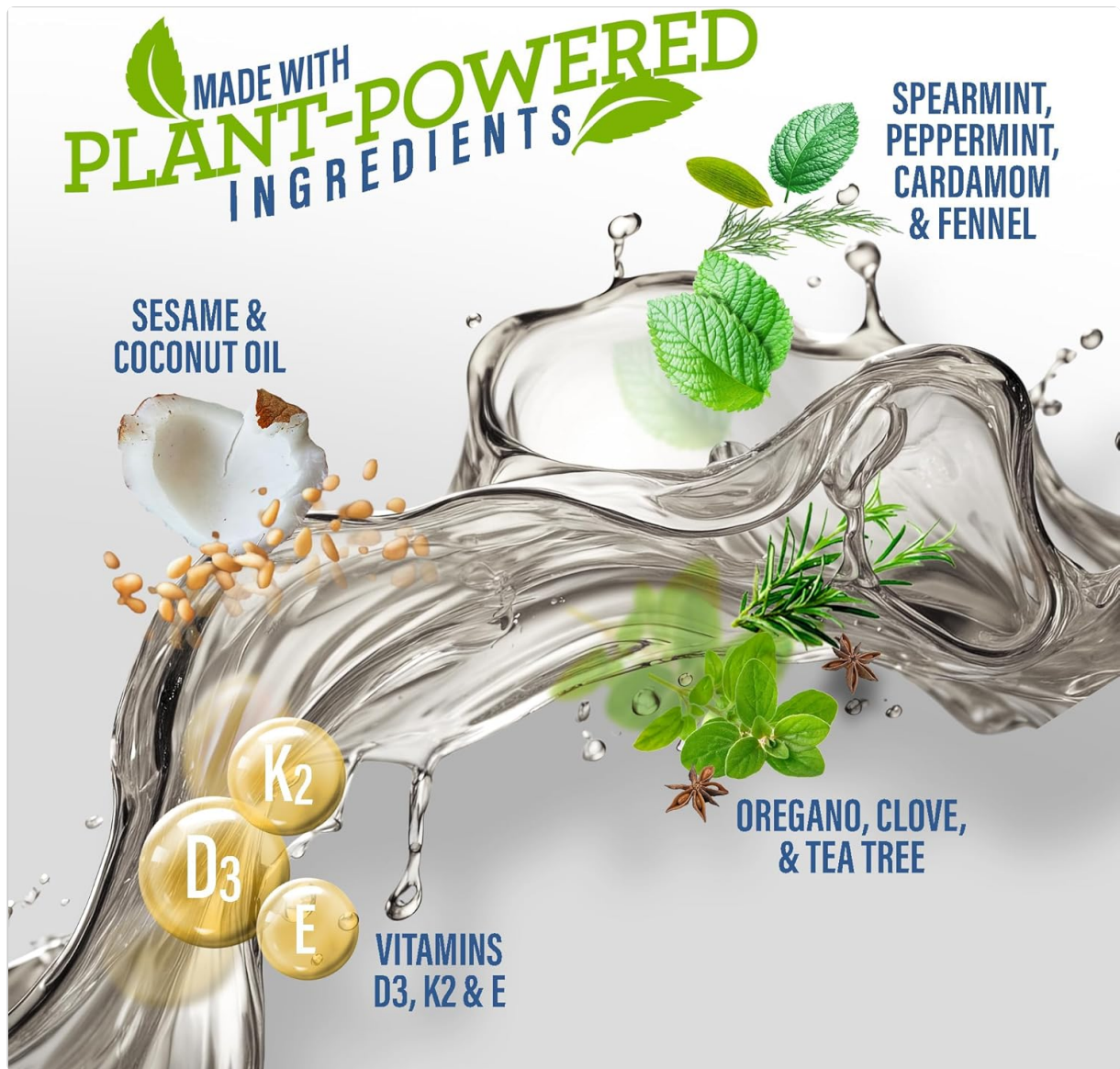


Image: Illustration of plant-powered ingredients and vitamins D3, K2, and E.

3. INGREDIENTS

The GuruNanda Advanced Oil Pulling Mouthwash contains the following ingredients:

- Sesame (*Sesamum indicum*) Oil
- Sunflower (*Helianthus annuus*) Oil
- Caprylic/Capric/Lauric Triglyceride
- Spearmint (*Mentha spicata*) Oil
- Clove (*Eugenia caryophyllus*) Oil
- Cardamom (*Elettaria cardamomum*) Oil
- Peppermint (*Mentha piperita* / *Mentha arvensis*) Oil
- Tea Tree (*Melaleuca alternifolia*) Oil
- Oregano (*Origanum vulgare*) Oil
- D-alpha-tocopherol (Vitamin E)
- Stevia Leaf Extract
- Fennel (*Foeniculum vulgare*) Oil
- Cholecalciferol (Vitamin D3)
- Menaquinone-7 (Vitamin K2 MK-7)

Warning: Packaged in a facility that processes peanuts, tree nuts, soy, milk, and/or wheat. Keep out of reach of children. If more than one tablespoon is swallowed, consult a physician. Store in a cool, dry place.

Hear from our *Loyal Customers*

★★★★★
Very impressed with this oil
Started using this a couple weeks now and I really like the way my mouth feels after my routine. No more bleeding gums when I floss.
👤 - Anthony

★★★★★
Best oil pulling for your teeth on the market
👤 - M. Lee

★★★★★
Highly recommended
Makes my mouth feel very clean and fresh. I can already see a difference in my oral health after only using it for 2 weeks.
👤 - Danielle Berry

★★★★★
Ditch the fluoride!
I've been using this product once a day for at least a week now if not longer, my teeth & gums are whiter, healthier & stronger!
👤 - Brianna

GuruNanda
advanced
OIL PULLING ORAL RINSE
AYURVEDIC
WITH VITAMIN D3, E & K2
8 FL OZ (237 mL)

Image: Back of the product bottle, displaying the full list of ingredients and usage directions.

4. SETUP & WHAT'S INCLUDED

Your GuruNanda Advanced Oil Pulling Mouthwash package includes:

- One 8 fl oz bottle of Advanced Oil Pulling Mouthwash.
- One measuring cup (integrated with the bottle cap).
- One tongue scraper.

5. OPERATING INSTRUCTIONS

1. **Measure:** Pour 10-15ml of the oil pulling solution into the provided measuring cup.
2. **Swish:** Gently swish the solution between your teeth for at least 2 minutes. Gradually increase the swishing time up to 10 minutes per use for optimal results.
3. **Do Not Swallow:** It is crucial not to swallow the oil pulling solution.
4. **Discard:** Spit the used oil into a trash can. Avoid spitting into sinks or toilets to prevent clogging pipes.

5. **Brush:** Always brush your teeth thoroughly AFTER using the oil pulling solution.

6. **Frequency:** Use on an empty stomach every morning for optimal results.

Due to its density, Oil Pulling adheres to the teeth for a longer duration and helps dislodge food and debris to clean:

- Teeth
- Gums
- Roof of the mouth
- Interdental spaces
- Tongue
- Inside of Cheeks



Image: Visual guide demonstrating the three main steps for using the oil pulling mouthwash.

Your browser does not support the video tag.

Video: "A New Way to a Brighter Smile" - An official video from GuruNanda LLC demonstrating the product's use and benefits.

6. MAINTENANCE

- **Disposal:** Always discard the used oil pulling solution into a trash can to prevent potential pipe clogging.
- **Stain Prevention:** If the oil is spilled on fabrics, clean immediately to avoid staining.
- **Tongue Scraping:** Ayurveda recommends incorporating tongue scraping as an additional wellness practice for enhanced oral hygiene.

7. SAFETY INFORMATION

- **Allergen Information:** This product is packaged in a facility that processes peanuts, tree nuts, soy, milk,

and/or wheat. Individuals with allergies to these ingredients should exercise caution.

- **Children's Use:** Keep out of reach of children. Safe for use by children 12 years of age and up with adult supervision.
- **Accidental Ingestion:** If more than one tablespoon of the solution is swallowed, consult a physician immediately.
- **Storage:** Store the product in a cool, dry place to maintain its quality and efficacy.
- **Disclaimer:** 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.

8. PRODUCT SPECIFICATIONS

Product Dimensions	9.45 x 4.72 x 4.72 inches; 10.86 ounces
Item Model Number	03-05-08Z-08112-1
Date First Available	January 29, 2021
Manufacturer	GuruNanda
Brand Name	GuruNanda
Product Benefits	Happy Teeth & Gums, Fresh Breath, Refreshing Flavor, Bad Breath Treatment
Flavor	Coconut, Mint, Clove & Cardamom
Age Range Description	Adults and Kids (12 years and up with supervision)
Item Form	Liquid
Active Ingredients	Sesame (Sesamum indicum) Oil
UPC	810051081121
Liquid Volume	8 Fluid Ounces
Number of Items	1
Allergen Information	Gluten Free
Material Features	Alcohol Free, Natural, Preservative Free
Material Type Free	Toxic Free

9. ADDITIONAL INFORMATION

The GuruNanda Advanced Oil Pulling Mouthwash is proudly made in the USA with both international and domestic ingredients. It is free from fluoride and added preservatives, ensuring a natural approach to oral care. The product is safe for use by adults and children aged 12 years and older, with appropriate supervision for younger users.



Image: Product claims and certifications, including Cruelty-Free, Non-GMO, and Made in USA.