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Nike Alpha

Nike Alpha Football Mouthguard Instruction Manual

Model: Alpha

INTRODUCTION

The Nike Alpha Football Mouthguard is designed to provide protection during sports activities. This manual provides instructions for proper fitting, usage, and maintenance to ensure optimal performance and longevity of your mouthguard.



The Nike Alpha Football Mouthguard features a black exterior with orange 'JUST DO IT.' branding and a white Nike swoosh, with a clear lower section.

SETUP AND FITTING INSTRUCTIONS

Proper fitting is crucial for the effectiveness and comfort of your mouthguard. Follow these steps carefully:

1. **Boil Water:** Begin by boiling a pot of water.
2. **Soften Mouthguard:** Submerge the mouthguard in the boiling water for approximately 30-45 seconds to soften the material.
3. **Cool Slightly:** Carefully remove the mouthguard from the water using tongs or a slotted spoon. Allow it to cool for a few seconds to prevent burns.
4. **Position and Bite:** Place the mouthguard in your mouth, ensuring it is centered over your upper teeth. Bite down gently.
5. **Shape for Custom Fit:** Use your fingers to press and shape the mouthguard around your teeth and gums. Apply gentle pressure to create a snug, custom fit.
6. **Hold in Place:** Hold the mouthguard in place for about 30-45 seconds to allow it to set to the shape of your teeth.
7. **Set the Shape:** Rinse the mouthguard with cold water to further set its custom shape.

If the fit is not satisfactory, you may repeat the molding process. The mouthguard is designed to be remoldable.

OPERATING INSTRUCTIONS (USAGE)

When wearing the Nike Alpha Football Mouthguard during sports, ensure it is securely in place and covers your upper teeth. The design allows for breathability through integrated channels.

- Always wear the mouthguard during practices and games where there is a risk of dental injury.
- Ensure the mouthguard fits snugly and comfortably without interfering with breathing or speaking.
- If the mouthguard feels loose or uncomfortable, re-mold it according to the fitting instructions.

MAINTENANCE

Proper care extends the life of your mouthguard and maintains hygiene:

- **Cleaning:** After each use, clean the mouthguard thoroughly with toothpaste and warm water.
- **Drying:** Allow the mouthguard to air dry completely before storing.
- **Storage:** Store the mouthguard in a ventilated container to prevent damage and inhibit bacterial growth. Avoid storing in direct sunlight or extreme temperatures.

SPECIFICATIONS

Brand	Nike
Model Name	Alpha
Material	Ethylene Vinyl Acetate (EVA), Silicone
Color	Black/Total Orange
Sport	Baseball (also suitable for Football)
Product Dimensions	3 x 3 x 3 inches; 8.01 ounces
ASIN	B09BKBQ32H

TROUBLESHOOTING

If you encounter issues with your mouthguard:

- **Poor Fit:** If the mouthguard does not fit properly or feels loose, repeat the fitting instructions. Ensure the water is hot enough to soften the material sufficiently and that you apply firm, even pressure during molding.
- **Discomfort:** Minor discomfort during initial use is normal. If discomfort persists, ensure the mouthguard is not too large or improperly molded. Re-molding might resolve the issue.
- **Damage:** Inspect the mouthguard regularly for tears, cracks, or excessive wear. A damaged mouthguard may not provide adequate protection and should be replaced.

WARRANTY AND SUPPORT

For information regarding warranty coverage or product support, please refer to the official Nike website or contact Nike customer service directly. Keep your purchase receipt as proof of purchase.

LEGAL 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.

This mouthguard is intended to help reduce the risk of dental injuries. It does not guarantee protection against all injuries. Always use appropriate safety gear for your sport.