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> GuruNanda Original Oil Pulling & Whitening Kit Instruction Manual

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Model: Original Oil Pulling & Whitening Kit

1. INTRODUCTION

This manual provides instructions for the safe and effective use of your GuruNanda Original Oil Pulling & Whitening Kit. This kit includes GuruNanda Original Oil Pulling Mouthwash, a tongue scraper, and teeth whitening strips. Please read all instructions carefully before use.

2. SAFETY INFORMATION

No specific safety warnings beyond general oral hygiene practices are provided. Always consult with a dental professional if you have pre-existing oral conditions or concerns. Do not swallow the oil pulling solution. Keep out of reach of children. If irritation occurs, discontinue use and consult a healthcare professional.

3. COMPONENTS

Your GuruNanda Original Oil Pulling & Whitening Kit includes:

- GuruNanda Original Oil Pulling Mouthwash (8.45 fl oz bottle)
- Tongue Scraper
- Teeth Whitening Strips (16 treatments: 12 professional, 4 express)

4. SETUP

Before first use, ensure all components are present and undamaged. No assembly is required for this product.

5. OPERATING INSTRUCTIONS

5.1. Oil Pulling Mouthwash

For optimal results, perform oil pulling on an empty stomach every morning.

1. Pour one tablespoon (15ml) of GuruNanda Oil Pulling Mouthwash into the measuring cup.
2. Swish the oil in your mouth for 2 minutes, gradually working your way up to 10 minutes **DO NOT SWALLOW**.
3. After swishing, spit the oil into the trash to avoid clogging pipes.
4. Follow by using the GuruNanda Butter on Gums toothbrush for a healthier mouth.

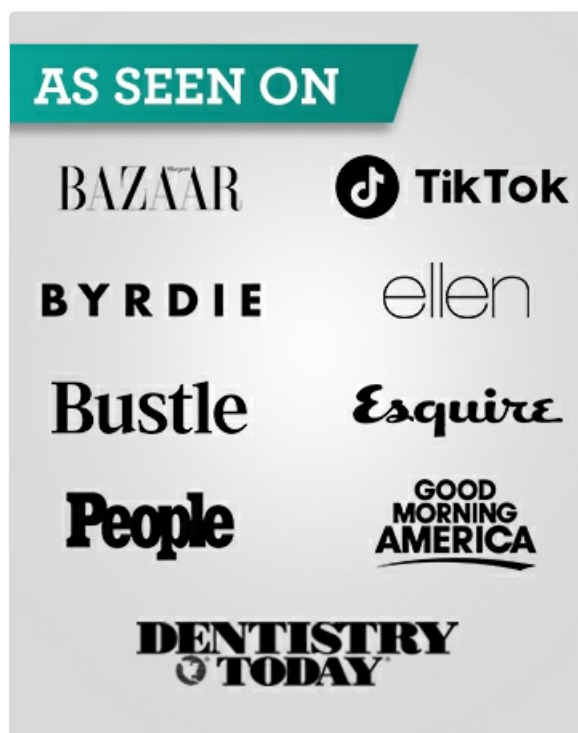


Figure 1: Steps for using GuruNanda Oil Pulling Mouthwash.

5.2. Tongue Scraper

Use the provided tongue scraper after oil pulling or brushing your teeth to remove bacteria and debris from the tongue surface, promoting fresher breath and improved oral hygiene.

1. Extend your tongue.
2. Place the scraper at the back of your tongue and gently pull forward towards the tip.
3. Rinse the scraper after each pass.
4. Repeat 2-3 times.

5.3. Teeth Whitening Strips

The kit includes 16 treatments: 12 professional strips and 4 express strips. Each treatment consists of two strips, one for the upper teeth and one for the lower teeth.



Figure 2: Features of GuruNanda Dry Strip Technology for whitening.



Figure 3: Comparison of Professional and Express Whitening Strips.

1. **Application:** Peel the strip from its backing. Apply the gel side of the strip to your teeth, aligning it with the gum line. Gently press to ensure good adhesion.
2. **Usage Time:**
 - For **Professional strips:** Leave on for 30-45 minutes.
 - For **Express strips:** Leave on for 60 minutes.
3. **Removal:** After the recommended time, peel off the strips and discard them.
4. **Post-Treatment:** Rinse your mouth with water to remove any remaining gel.

For best results, avoid eating, sleeping, or smoking while using the strips. Visible results may be seen in

3-5 days with professional strips. Temporary white spots may appear on your teeth following use, which is normal and will gradually fade.

6. MAINTENANCE

Maintain good oral hygiene by regularly brushing and flossing your teeth. Rinse the tongue scraper with water after each use and store it in a clean, dry place. Store the oil pulling mouthwash and whitening strips in a cool, dry place away from direct sunlight.

7. TROUBLESHOOTING

If you experience any discomfort, sensitivity, or irritation while using the product, discontinue use immediately. If symptoms persist, consult your dentist or a healthcare professional.

8. SPECIFICATIONS

Brand	GuruNanda
Product Benefits	Germ-Killing, Whitening, Sensitivity Relief
Liquid Volume (Oil Pulling)	8.45 Fluid Ounces
Flavor	Coconut, Peppermint
Age Range	Adult (Supervision recommended for children under 12 years old for oil pulling)
Whitening Strips Treatments	16 (12 Professional, 4 Express)

9. WARRANTY AND SUPPORT

For warranty information or customer support, please refer to the official GuruNanda website or contact their customer service directly. Contact details are typically available on the product packaging or the brand's official online channels.