

SAFETGARD

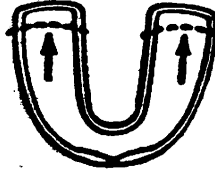
For Use In:

- Football
- Hockey
- Lacrosse

Made in the USA

MOUTHGUARD INSTRUCTIONS:

1. Bring water to boiling point. Hold guard by strap. Dip guard into water until it is completely covered (see guide line on strap approximately 1/2" above shelf—do not submerge beyond this line). Hold guard in for 10 SECONDS (count 1001, 1002, 1003, 1004, 1005, 1006, 1007, 1008, 1009, 1010).
2. Remove from hot water. Place in the mouth IMMEDIATELY around upper teeth. (It may be warm, but will not burn). INSTANTLY, press tongue against the back of the upper teeth and while holding the guard firmly in this position, SUCK OUT all the air and water until it comes to a tight fit around the upper teeth.
3. Remove from mouth and place under cold water tap. Attach strap to helmet at desired length by inserting ball tip in choice of slots.



(See hint #5)

HELPFUL HINTS:

1. If you do not get a tight fit the first time, repeat the procedure again.
2. Clean with water after using.
3. For identification, use a marking pencil.
4. If strap is not needed, remove with sharp knife or scissors.
5. If guard goes too far back in mouth, trim at markings. (See illustration)