

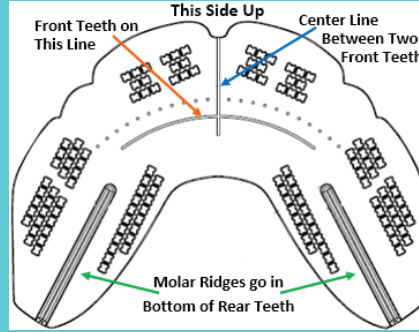


**BEFORE YOU START:** Watch the Fitting VIDEO at [BulletProofMG.com](http://BulletProofMG.com) & Read ALL Instructions Below & Practice Before You Start!

**BRACES:** Do NOT fit without our "BraceGuard"!

🙏 Thank you for choosing to spend your hard earned money, on our mouthguard! If you have any problems, email us a pic at [info@BulletProofMG.com](mailto:info@BulletProofMG.com) and we'll send you a new one. We won't let you down! This advanced material and design is both Stronger and Thinner, allowing you to Breathe Better to Perform Better. It's a massive upgrade, to an essential pices of equipment, for a reasonable cost. Please tell everyone you know! 🙏

★★★★★ Please Please Please Help Us Grow Our Business by POSTING A Review on Google & Amazon ASAP, & tagging us in your social media posts! This is a new technology, so you're an early adopter, which means you're cool, and people really value your opinion!



**Important:** This material is very unique, you must follow instructions **exactly!** Do NOT use boiling water. Fit in front of a bathroom mirror. You'll heat the unit, line it up per this diagram, & bite down to hold the unit in place. Then you'll fold it up against your teeth, close your mouth & suck to customize your fit. Don't worry, you can re-do it if you get it wrong!

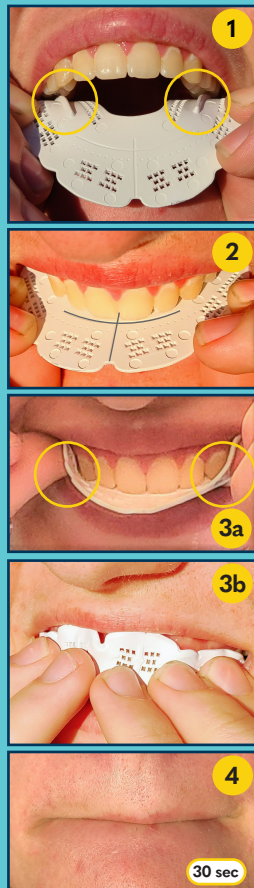
**Watch the Fitting VIDEO, and then start by Heating Mouthguard:**

- ➡ **Do NOT Use Boiling Water - It's too hot & will ruin the unit!**
- ➡ Boil 8oz (1 cup) of water in microwave, & then add 3oz (a little less than 1/2 cup) of room temp tap water, to cool it to the right temp. Or use hot water from a coffee or espresso machine (Keurig, Nespresso, etc.) it's the right temp. Set the hot water, mouthguard, fork & phone (use as timer!) in front of a bathroom mirror.



- ➡ Heat the unit in the hot water for 45 seconds. Remove it with a fork.
- ➡ Hold it like this, with your thumbs on the bottom of the unit, on the thick cush pads.

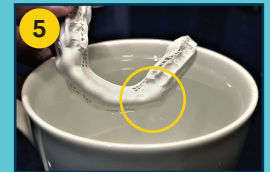
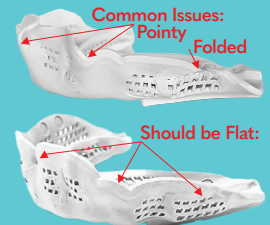
**Molding / Fitting**



- 1** While looking in your mirror: Tilt your head back to see the bottom of your Molars (rear teeth).  
➡ **Push The Molar Ridges Up Into Your Molars, & hold it there.**
- 2** Now tilt your head forward, & slide the unit to:  
➡ **Center Your Two Front Teeth on the lines.** Use your tongue to help.  
➡ **Bite down lightly to hold it in place.**
- 3a** Quickly Fold Up the **SIDES First!** **b** Then the **Corners & Front of the unit, under your lips.**  
➡ **Don't try to flatten it with your fingers. Close your mouth fast and use your lips to flatten it.**
- 4** Close Your Mouth & Suck for 30 seconds, using your lips to pull the unit flat against your teeth.  
➡ Use your tongue to push the inside against your teeth while you suck.  
**Remove.**

**Fine Tune NOW**

- ➡ **Flatten any areas along the top edge that are Folded or feel Pointy IMMEDIATELY NOW:**
- 5** Reheat one small pointy area at a time in the water for ~10-15 seconds, until it starts to soften.
- 6** Put in mouth & use fingers to gently hold the area flat. Repeat for any area you want to flatten, or make more comfortable. Reheat the water if needed. \*You can refit the entire mouthguard if needed.



**Finally:** You should be able to talk w/ it in your mouth. You should have to use your tongue or fingers to remove it.  
**Too tight?** Heat in a microwave for 5 seconds only & check fit. Repeat until comfortable.  
**Too loose?** Reheat water, & warm unit for 3-5 seconds only! Place in mouth and **SUCK HARD** for 60 seconds. Repeat if needed.