

For Fresh Breath and Optimum Oral Health, follow all of these steps two times per day with Oxyfresh products:

Use OOLITT (tongue scraper) 3 - 4 times going as far back on tongue as possible and pulling forward.

Place two capfuls of Oxyfresh Mouthrinse in Oxycare 3000 reservoir. Fill reservoir with very warm water. Be sure to irrigate into gums around the base of your teeth between your teeth, under bridgework if present, your palate, and as far back on your tongue as possible.

Thoroughly brush teeth and gums with a tear-sized drop of Oxyfresh toothpaste. Brush your tongue as far back as possible with another tearsized drop of Oxyfresh toothpaste. Empty excess from mouth, but do not rinse with water. Never leave the cap off the toothpaste.

Swish vigorously with one capful of Oxyfresh Mouthrinse for two minutes. Empty excess from mouth, but do not rinse with water. Since saliva activates the mouthrinse, never place your mouth on the bottle or cap.

Work Oxygene Gel under the tissue and between the teeth from both the cheek and tongue sides. Leave the gel in place. Do not wipe or rinse off. Do not eat or drink for 30 minutes for best results.