

FOLD

FREQUENTLY ASKED QUESTIONS

Q. How long can I use my GRIND NO MORE® Dental Night Protector before replacing it?

A. Depending on your level of grinding, you can wear the GRIND NO MORE® Dental Night Protector for up to 3 nights. We recommend replacing it at the first sign of excessive wear. You should not wear the same night protector for more than 3 days. Never reuse the night protector if you feel it doesn't fit properly.

Q. How should I care for my GRIND NO MORE® Dental Night Protector?

A. If you use the same GRIND NO MORE® Dental Night Protector for more than 1 day, thoroughly clean it with cold water or mouthwash. Thoroughly dry and store in the packaging container provided.

Q. How long can I wear my GRIND NO MORE® Dental Night Protector?

A. Do not wear for more than 12 hours each night.

Q. Do the bite pads need to reach my farthest back molars to fit properly?

A. No - the bite pads do not need to reach the farthest back molars to fit or work properly. The bite pads will generally be placed on either of your back two molars.

Q. Do I need to boil or cut the GRIND NO MORE® Dental Night Protector?

A. No - It's ready to use - there is no boiling, cutting, or molding required.

IMPORTANT NOTES:

The GRIND NO MORE® Dental Night Protector has been designed for a comfortable fit on the first try. Please note that it may take one to two weeks to adjust to wearing it. The best success is achieved by wearing the night protector consistently during this adjustment period.

The GRIND NO MORE® Dental Night Protector has been designed to be worn comfortably through the night. If pain does occur, immediately remove and stop using the device and confer with your dental professional. It may take a week or so to become accustomed to wearing the dental night protector.

This product does not contain natural rubber latex. BPA FREE.

WARNING

Cease use if the GRIND NO MORE® Dental Night Protector does not fit comfortably, dislodges easily, interferes with breathing or swallowing, stimulates your gag reflex, changes your bite, causes soreness, bleeding, pain in jaw, teeth or ears, or you experience clicking during chewing (when not wearing). If you use the GRIND NO MORE® Dental Night Protector for more than one day, inspect each day for excessive wear. Cease use and discard if the night protector has tears, holes, missing pieces, if it is discolored, or if there is damage to any part of the product.

DO NOT USE:

- If you are under 18 years of age.
- If you wear braces or other dental appliances.
- If you have loose teeth.
- If you have been diagnosed with temporo-mandibular joint (TMJ) problems.
- If you are currently experiencing pain in the mouth or jaw because of tooth clenching or grinding.
- As an athletic mouth guard. The dental protector does not absorb shock.
- For more than 3 months from initial use without consulting your dentist. See your dentist every six months thereafter while using this product.

ASK A DENTIST BEFORE USE IF YOU HAVE:

- Loose caps or fillings, or cavities without fillings.
- Clicking of your jaw.
- Pain in your teeth, jaw, face, or if you have trouble chewing.
- Two or more missing teeth.
- Sores in your mouth.
- Disease or bleeding of the gums.
- Serious breathing, respiratory, or other health problems.

DISCONTINUE USE AND CONSULT A DENTIST IF:

- The same symptoms continue after several weeks of use.
- The dental protector easily falls out of your mouth.
- The dental protector is uncomfortable or causes you to gag.
- You have soreness, bleeding, or other reaction inside of your mouth.
- You notice new symptoms such as pain in your jaw, teeth, or ears, neck stiffness, headache, or joint clicking after using the dental protector.
- You have loose teeth or a change in your bite that lasts more than a few minutes after removing the dental protector.

The GRIND NO MORE® Dental Night Protector has not been designed to diagnose, cure, mitigate, treat or prevent disease or other medical conditions, or to affect the structure or function of the body.

ADVANCED PROTECTION
AGAINST NIGHT TIME TEETH GRINDING



HYGIENIC 3 DAY DISPOSABLE*

Plackers

Distributed by Ranir, LLC

4701 East Paris Ave SE • Grand Rapids, MI 49512

Questions: info@plackers.com • www.plackers.com

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*Can be used for up to 3 nights.

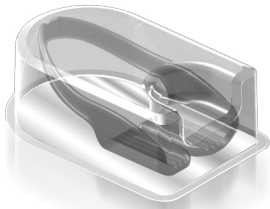
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Plackers

SMILE LIKE EVERYONE'S WATCHING®

GRIND NO MORE®

PROTECT YOUR TEETH AND GET A MORE RESTFUL SLEEP



DISPOSABLE

COMFORTABLE • PROTECTIVE • HYGIENIC

INDIVIDUALLY PACKAGED AND READY TO USE:
NO BOILING, CUTTING, OR MOLDING REQUIRED

468 SIDE 1

FOLD

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SMILE LIKE EVERYONE'S WATCHING®

GRIND NO MORE®



CONGRATULATIONS!

You have just purchased an advanced night time dental protector which is specifically designed to help protect you against bruxism or night time teeth grinding.

The Plackers® GRIND NO MORE® Dental Night Protector provides exceptional comfort, protection, and hygiene. The streamlined, one size fits all GRIND NO MORE® Dental Night Protector is designed to be worn on either your upper or lower teeth - whichever is the most comfortable for you. Each Dental Night Protector is designed to be used for up to 3 days - it's clean, fresh, and hygienic.

DESIGNED TO COMFORTABLY FIT
YOUR UPPER OR LOWER TEETH

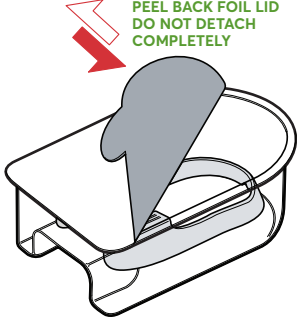


UPPER TEETH

LOWER TEETH

OPENING AND STORING:

Carefully open the individually packaged GRIND NO MORE® Dental Night Protector by pulling back the foil lid as indicated. If you plan to use your night protector for more than one night, do not detach the foil lid completely from the packaging container. When storing your night protector, simply place in the packaging container and cover with the foil lid.



PEEL BACK FOIL LID
DO NOT DETACH
COMPLETELY

ALWAYS FRESH... EVERY TIME!

FITTING INSTRUCTIONS:

The GRIND NO MORE® Dental Night Protector is ready to use - there is no boiling, cutting, or molding required.

Simply place the Dental Night Protector in your mouth on your upper or lower teeth - whichever is more comfortable for you. The retention band should be placed between your front teeth and your lip while placing the bite pads on your molars. Close your mouth, gently rest your teeth on the bite pads, and relax. That's it...you are now ready to experience the sleep you deserve!



RETENTION BAND

ONE SIZE
Fits all mouths

BITE PLATE
Absorbs grinding and clenching

STABILIZING LIP
Limits sliding or slippage

468 SIDE 2

ED-3325

BRAND Plackers	BRAND CODE 518	PRODUCT GNM - Instruction Insert - USA			UPC CODE N/A	PART NUMBER 78503	VENDOR NUMBER 1367	
 Creative Services 4701 East Paris Ave SE Grand Rapids, MI 49512 616.698.8880			PRINTER Tokai	PRINT METHOD Offset	STOCK 70# Matte Paper		COATING Matte	EQ NUMBER N/A
			Xerox Color Proof colors are not exactly matched to Pantone® colors. Refer to your PMS book for exact Pantone® colors.			DIMENSIONS flat: 9.28125" W x 3.625" H (folded: 2.375" x 3.625")		ARTIST ZIG
			 PMS 362 C PMS 1797 C				DATE MODIFIED 11.16.2017	
			☒ NEW ☐ REVISED					
☐ Approved as is ☐ Approved with changes ☐ Not Approved, resubmit					SIGNATURE			DATE