

# INSTRUCTION SHEET

# BLANQ™

## 10 STEPS TO YOUR WHITEST SMILE

You're one step closer to bringing your teeth back to BLANQ. Powered by the smallest and sleekest LED unit going around, our USA made, cruelty free gels are formulated to bring your teeth back to their natural whiteness in 7 quick 15 minute sessions.

### BLANQ TARGETS

Intrinsic and extrinsic stains caused by poor dental hygiene, smoking, coffee, tea, soft drinks, red wine, foods and some medications.

### OUR TEETH WHITENING KITS INCLUDE

- 1 x Compact LED Unit
- 1 x Self Moulding Mouthguard
- 1 x Mouthguard Case
- 2 x Whitening Gels
- 1 x Mineral Reboot Gel
- 3 x Vitamin E Swabs
- 1 x Designer Travel Bag
- 1 x Shade Guide
- 1 x Instruction Booklet



- 1 Brush your teeth before your whitening session then pat teeth dry with a towel.
- 2 Rinse the Self Moulding Mouthguard thoroughly.
- 3 Attach mouthguard to the Compact LED Unit by aligning the 2 holes on the mouthguard with the 2 prongs on the LED unit, sliding them together as close as you can.
- 4 To help prevent any mild tissue irritation, take a Vitamin E Swab and snap it open where indicated by the red line, then hold upright. Gravity will cause the Vitamin E oil to absorb at the bottom of the swab. Once absorbed, gently rub onto your top and bottom gums.
- 5 Apply ½ mL of whitening gel to the top of the mouthguard then ½ mL to the bottom of the mouthguard. Apply the gel in a thin line from one side of the mouthguard all the way around to the other side. Keep the solution close to the bottom of the mouthguard to avoid getting excess gel onto your gums, as this may cause mild tissue irritation.
- 6 Place mouthguard into your mouth and gently bite down. Push mouthguard onto your teeth gently to enable it to suction for the perfect fit and optimal whitening results.
- 7 Press the start button, this is a small circle located on the front of the LED unit. Leave in for the recommended 15 minute treatment time (maximum of 20 minutes).
- 8 Once your 15 minutes is up, press the small circle on the front of your LED unit again to turn it off. Remove from your mouth and detach the LED unit from the mouthguard. Rinse your mouth and teeth with warm water, then rinse mouthguard and remove all excess whitening gel. Avoid getting water onto your LED unit.
- 9 If you experience any minor tissue irritation after whitening, repeat Step 4 – gently applying the Vitamin E Swab to the affected area.
- 10 Repeat this procedure for 7 consecutive days, then 1 session per fortnight (2 weeks) to maintain your results.

### SENSITIVITY & MAINTENANCE

Mineral Reboot Gel is the perfect finish to your teeth whitening sessions. By replenishing essential minerals, it helps prevent tooth sensitivity while repairing and strengthening tooth enamel, sealing in your results for a longer lasting smile.

- 1 With your mouthguard detached from the LED unit, apply ½ mL of Mineral Reboot Gel to the top of your rinsed mouthguard and ½ mL to the bottom of your mouthguard. Apply the gel in a thin line from one side of the mouthguard all the way around to the other side.
- 2 Place the mouthguard into your mouth and leave in for 10 minutes.
- 3 Once your 10 minutes is up, remove from your mouth and rinse your mouth and your teeth with warm water.
- 4 Rinse mouthguard thoroughly and place into your Mouthguard Case.
- 5 Repeat twice a week or as needed.

### CAUTIONARY ADVICE

- 1 session per day only
- Keep out of reach of children
- Not recommended for persons aged under 18 years
- Do not use if you have severe tooth decay or gum disease
- Do not use if pregnant or lactating
- Avoid contact with eyes
- Do not use if you have allergic reactions to Peroxide or Sodium Bicarbonate products
- A temporary side effect of tooth sensitivity or mild tissue irritation is possible but usually transient and may last for 1-2 days
- Avoid beverages that contain citrus and hot and cold drinks for the next 24 hours
- Ingesting large amounts of Peroxide or Sodium Bicarbonate may irritate the oesophagus and upset the stomach. If you suspect ingestion accompanied by discomfort consult your health professional
- If you have any adverse reactions terminate treatment and consult your health professional
- Use only as directed

STORE in a cool place away from heat and direct sunlight.

### VITAMIN E SWABS 3 APPLICATIONS

INGREDIENTS: Vitamin E.

MADE IN CHINA

### DENTAL GRADE WHITENING KITS ONLY CP 18% WHITENING GEL 2 x 5 mL (0.169 US fl. oz.)

INGREDIENTS: GLYCERIN (FOOD GRADE), GLYCERIN (FOOD GRADE), UREA PEROXIDE (CARBAMIDE), CARBOMER, PEPPERMINT ESSENTIAL OIL, TRIETHANOLAMINE.



### PEROXIDE FREE WHITENING KITS ONLY PEROXIDE FREE WHITENING GEL 2 x 5 mL (0.169 US fl. oz.)

INGREDIENTS: GLYCERIN (FOOD GRADE), SODIUM BICARBONATE, CARBOMER, POLYSORBATE 20, SODIUM HYDROXIDE, POTASSIUM SORBATE, SODIUM FLUORIDE, PUNICA GRANATUM EXTRACT, ANTHEMIS NOBILIS FLOWER EXTRACT, PEPPERMINT ESSENTIAL OIL.



### MINERAL REBOOT GEL 1 x 3 mL (0.101 US fl. oz.)

INGREDIENTS: WATER, ALCOHOL, POLYSORBATE 20, CARBOMER, TIETHANOLAMINE, PEPPERMINT ESSENTIAL OIL, POTASSIUM SORBATE, SODIUM SACCHARIN, SODIUM FLUORIDE, DICALCIUM PHOSPHATE, FD & C BLUE 1.



15 MINUTE  
TREATMENT



SMALLEST  
LED UNIT



SELF MOUN-  
DING  
MOUTHGUARD



DESIGNER  
TRAVEL BAG



2 WHITENING  
FORMULAS



GELS ARE MINT  
FLAVOURED



GELS ARE  
CRUELTY FREE



GELS ARE  
USA MADE



GELS ARE FDA/ADA  
COMPLIANT

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