



## Instructions for Using Your Myo Munchee

The Myo Munchee is a great way to start balanced, predictable and gentle exercise to tone, strengthen and optimise function of the jaw and facial muscles.

Daily chewing for as little as 10 mins is a simple and inexpensive part of preventative dental care and hygiene. To get maximum benefit and usage from your Myo Munchee, simply follow the steps below:

**Step 1:** Rinse your Myo Munchee off in fresh water

**Step 2:** Place the Myo Munchee in your mouth with the small lip indent at the top

**Step 3:** Keep your lips together, both now and at all times while using the Myo

**Step 4:** Chew and munch gently up and down and in a circular motion

**Step 5:** Start by chewing for 1min, twice a day for 1 week

**Step 6:** Build daily by 1 min until you are able to chew twice a day for 10 mins

### Things to be aware of:

- A lot of saliva will be produced when using this appliance, so be a ready. This is a good thing as saliva is nature's way of protecting the teeth and gums. Once this settles down, try to swallow the saliva while the Myo Munchee is in your mouth
- Make sure to always swallow with your lips closed and keep breathing through your nose
- Chewing is actually quite vigorous exercise so don't be surprised if your face and jaw muscles feel tired after chewing.
- If you have a temporomandibular (TMJ) disorder do not chew the Myo Munchee, use it passively instead (resting in your mouth)
- Do not use toothpaste on your Myo it disturbs the PH of the saliva produced while chewing
- The Myo Munchee helps maintain teeth and a younger healthier mouth. Chewing the Myo Munchee promotes optimal gum health and alleviates stress on the teeth and jaw
- For more information see our website [www.myomunchee.com](http://www.myomunchee.com)

### Cleaning Instructions:

Rinse with water after each use. For a more thorough clean you can sprinkle your Myo Munchee lightly with bi-carb soda or boil it for 1 minute.