MOUTHGUARD INSTRUCTIONS
COMFORT Ref.: BP10N
SIZE : SENIOR

Read these instructions carefully before first use and keep them throughout the lifetime of the product.

This mouthguard is an intra-oral protector (IOP). Intra-oral protectors are items of personal protective equipment. IOPs cannot always prevent serious injuries but are designed to significantly reduce their severity.

Fitting Instructions

1. Open the box and take out the mouthguard and the fitting handle.

2. Attach the plastic fitting handle to the back of the mouthguard by inserting it from underneath and pushing it upwards until it is securely in place. This step is important because the fitting handle helps prepare the mouthguard and ensures an even thickness of material between the upper and lower teeth.

3. The fitting procedure must be carried out in front of a mirror while standing upright. This will allow you to check the positioning of the mouthguard during moulding. Place the mouthguard in your mouth to familiarise yourself with the different steps. If you experience a gagging sensation, this means that the mouthguard extends too far back. You may trim a few millimetres using nail scissors or a scalpel to adjust it to your size.

4. Prepare a container, such as a bowl of cold water, large enough to completely immerse the mouthguard once the fitting procedure is complete.

5. Bring water to the boil in a saucepan or other suitable container. Once the water is boiling, remove the container from the heat and wait 15 seconds. Be careful with the water temperature to avoid burns; take care when handling it.

6. Using the fitting handle, immerse the mouthguard in the hot water for approximately 1 minute and 20 seconds. Warning: do not exceed the specified time, as the mouthguard could become irreversibly deformed.

7. To avoid any risk of burns during thermoforming, carefully remove the mouthguard from the hot water using the fitting handle and immerse it in cold water for 3 seconds.

8. Immediately place the mouthguard in your mouth. Close your mouth gently, taking care not to bite down on the edges of the mouthguard, as this would prevent proper fitting and could make the mouthguard unusable. Press your tongue against the roof of your mouth and clench your teeth firmly. Then close your lips and suck out the air to create a vacuum effect so that the material closely conforms to the shape of your teeth. Rub your lips and cheeks while applying firm pressure.

9. Remove the mouthguard to set the dental impression and rinse it under cold water for at least 2 minutes. The mouthguard is now ready for use.

10. Remove the fitting handle and keep it in case the mouthguard needs to be refitted. If the fitting process was unsuccessful or the impression is unsatisfactory, repeat the procedure.

11. You may store the mouthguard in its case. As a precaution, wait a few hours before using it.

WARNINGS

The sports mouthguard helps protect against injuries to the teeth and mouth. However, no mouthguard or protective equipment can provide complete protection against injury.

ESTIMATED SERVICE LIFE

Even if there is no visible damage, this product must no longer be used **5 years after its date of manufacture** (the month and year are indicated on the packaging and below in these instructions).

IMPORTANT PRECAUTIONS

Never wash the mouthguard with hot water or in a dishwasher.
Do not store it near a heat source.
Never use the mouthguard with the plastic fitting handle attached.
Anyone suffering from diseases or inflammation of the teeth, gums or surrounding tissues should consult their dentist before using the product.
The same applies to users with removable dental prostheses.

If the IOP (intra-oral protector), or mouthguard, does not remain securely in place when the user opens their mouth, it must be replaced, as this may present a safety hazard. This mouthguard is not suitable for people wearing orthodontic braces or for dentitions that still include primary (baby) teeth.
When fitting the mouthguard for children, **adult supervision is mandatory.**

CLEANING AND STORAGE

- Clean the mouthguard with clean water after each use.
- To disinfect it, you may use mouthwash.
- Keep it in its original case when not in use.
- Store it at room temperature.

CARE AND SERVICE LIFE

- Regularly inspect the condition of the product.

If it shows signs of deterioration or perforation (tooth marks), stop using it and replace it.

COMPLIANCE INFORMATION

The mouthguard is designed for contact sports.
Please note that no equipment can provide complete protection against injury.

Certified by the notified body:

ALIENOR CERTIFICATION

ZA du Sanital – 21 Rue Albert Einstein
86100 Châtellerault – France
Notified Body No.: 2754

Complies with NF S72-427:2023
and European Regulation (EU) 2016/425.

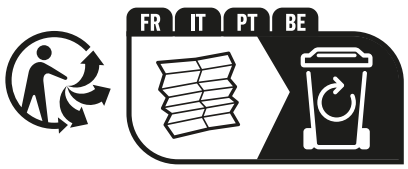
The EU Declaration of Conformity can be consulted on the following website:

https://combat-sports.net/doc/

DOUBLE D IMPORT
30 RUE LEON JOUHAUX
77183 CROISSY BEAUBOURG

MADE IN PAKISTAN

DATE : 10/2026





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