



## USAGE:

1. Taking an edge, pull the soft strip off the plastic film, face the gel side to the surface of tooth.
2. Looking in a mirror, align the straight edge of strip to the gum, gently press and adjust the strip with finger, making it completely adhere to the tooth surface.
3. Repeat using the second strip.
4. Remove the teeth whitening strips and discard after 30 minutes.
5. Clean off any remaining gel residue by brushing your teeth and gargling.



## IMPORTANT TIPS:

1. Regularly use whitening strips every three months to obtain a whiter, brighter smile.
2. To reach and sustain a better teeth whitening effect try to reduce or avoid products such as smoking, drinking coffee, tea, colas or red wine, and eating highly pigmented foods such as cherries and blueberries etc.
3. Please complete the course of all the strips within a two week period.

## USER GUIDE:

1. Avoid using strips after brushing your teeth. Allow at least one hour after brushing teeth before using the strips.
2. Do not re-use the strips, please dispose of once used.
3. The ingredients of the strips are safe and if some gel is swallowed it is perfectly safe.
4. Clean off any remaining gel residue by brushing your teeth and gargling.
5. Please wet strip in case it is hard to peel off from teeth.

Thank you for selecting our teeth whitening strips!  
Four easy steps to beautiful white teeth.

Please rest assured when using strips that due to the high consistency and elasticity of the strips, the layer of gel will not drop from the backing film to your oral cavity or hands or lips in use.



Taking an edge, pull the soft strip off the plastic film



Face the gel side to the surface of tooth



Gently press and adjust the strip with finger, making it completely adhere to the tooth surface.



Remove the and discard after 30 minutes

## CAUTIONS:

1. Do not use these whitening strips if suffering from dental ulcers, broken gum, or after oral surgery.
2. People with sensitive teeth should reduce the dosage or use under the guidance of a dentist.
3. In the event of eye contact, rinse with plenty of water.
4. This product is not recommended for persons under the age of 12 and pregnant women.
5. Side effects from this product are rare but please discontinue use and contact your GP immediately in the event of an adverse reaction.