

**ProFresh**  
BreathCare System

QUICK START GUIDE

**Follow steps 1 - 2 - 3 -** Twice a day...

**Please remember:**

Each bottle of ProFresh Rinse must be activated before use. We suggest you prepare one bottle now so it will be ready for use. (See instructions on the Activator Pacs)

**New users** should add two A and two B tubes to the first bottle. This provides an Extra Strength rinse that will help dislodge the accumulated bacteria that cause your bad breath.

**All users**

Do not use toothpaste before using ProFresh as it will decrease the effectiveness of ProFresh. You should brush with toothpaste right after using ProFresh.

**Step 1 - Rinse and Gargle**

- Rinse vigorously with 1/4 oz. (one bottle cap full) of ProFresh Rinse.
- Tilt your head back, extend your tongue and gargle for an additional 10 seconds to soak the back of your tongue with the rinse. Then spit out.

**Step 2 - Clean the Tongue**

- Place the edge of the ProFresh Tongue Cleaner firmly upon the back of your tongue and drag it forward.
- Repeat 6-12 times, rinsing your mouth and the tongue cleaner with water each time. Be sure to clean the sides of your tongue as well as the middle to remove all tongue coating.

**Step 3 - Rinse and Gargle**

- Rinse again vigorously with 1/4 oz. of ProFresh Rinse for 20 seconds.
- Tilt your head back, extend your tongue and gargle for an additional 10 seconds to soak the back of your tongue with the rinse. Then spit out.