



1-MONTH ORAL HEALTH KIT w/ Probiotics

Lifestyle Tips from Dr. Speiser

Stop eating all dairy products.

Replace with soy, oat or rice based food alternatives.

Floss teeth every day.

Be sure gums do not bleed and floss does not smell. And if they do, see a dentist promptly.

Eat three regularly scheduled meals a day.

Avoid binge eating and fad diets. Drink water after eating.

Stay hydrated and avoid dry mouth.

Drink water after meals and when thirsty, not all day long.

After eating refresh breath with Xylitol.

Chew a piece of Recaldent gum or enjoy a KForce BOOSTERS lozenge after meals or snacks to neutralize mouth pH and promote fresh breath.

FOR MORE INFORMATION, CALL OR VISIT OUR WEBSITE:

AUS 1300 653 335 www.breezecare.com.au

UK 020 8133 6899 www.breezecare.co.uk

USA 323 580 6899 www.breezecare.com

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OR BY SKYPE AT: breezecare

- **KForce K12 Probiotics**
- **KForce M18 Probiotics**
- **KForce Toothpaste**
- **KForce Tongue Gel**
- **Tongue Cleaner**





Instructions for KForce[™] Oral Health Kit

USE KFORCE[™] WITH PROBIOTICS EVERY DAY TO MAINTAIN ORAL HEALTH

1. Clean teeth with KForce Toothpaste.

Gently brush teeth and floss gums. Spit out excess paste.

2. Clean tongue with KForce Tongue Gel.

Gently brush tongue with gel back to gag reflex.

3. Scrape tongue with Tongue Cleaner.

Rinse mouth with water.

4. Rinse with one serving of KForce M18 (Morning).*

Gargle with mouthwash for 1 minute. SPIT OUT AND DO NOT RINSE. Avoid food for 30 minutes after use.

** Twice a week, at night, rinse mouth with another serving of KForce M18 mouthwash (total of 9 servings per week).*

5. Dissolve a KForce K12 lozenge on the tongue 2x/day.*

** For best results, use KForce K12 lozenges after meals and in a clean mouth (total of 14 lozenges per week).*

KForce[™] BreathGuard with BLIS K12

FIGHTS BAD BREATH

What is KForce BreathGuard with K12?

K12 is the world's first advanced probiotic for the mouth and upper respiratory tract. It is a specific strain of Streptococcus salivarius. K12 helps to provide natural oral protection that offers the following health benefits:

- K12 Promotes ear, nose and throat health
- K12 Boosts our immune system
- K12 Promotes fresh breath

KForce[™] OralGuard with BLIS M18

FIGHTS CAVITIES

What is KForce OralGuard with M18?

M18 is a patented oral probiotic providing advanced protection for teeth and gums. M18 establishes a healthy balance of mouth bacteria that provide natural protection and offer the following health benefits:

- M18 Protects against dental pathogens
- M18 Protects teeth from acid erosion
- M18 Breaks up dental plaque