



1-MONTH PLUS KIT with KForce 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

INTERNATIONAL +(612) 9363 0744

OR BY SKYPE AT: breezecare

BreezeCare Pty Ltd,
159A New South Head Road, Edgecliff, Australia, 2027
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- KForce K12 Probiotics
- KForce Balance Rinse
- KForce Toothpaste
- KForce Tongue Gel
- Tongue Cleaner





Optional 5-day Detox Cleaning

GET STARTED: Morning and Night for 5 Days[†]

- 1. Prepare Balance Rinse mixture.**
Shake bottles and mix one capful each of #1 and #2.
- 2. Brush and floss teeth with mixture.**
Gently clean teeth and gums.
- 3. Brush tongue with mixture.**
Gently clean tongue back to gag reflex.
- 4. Rinse with mixture for 30 to 60 seconds.**
DO NOT GARGLE. SPIT OUT. RINSE WITH WATER.
- 5. Clean teeth with KForce Toothpaste.**
Gently clean teeth and gums. Spit out excess paste.
- 6. Clean tongue with KForce Tongue Gel.**
Gently brush tongue with gel back to gag reflex.
- 7. Scrape tongue with Tongue Cleaner.**
Rinse mouth. Avoid food for 30 minutes.

[†]HYPERTONIC NASAL FLUSH: Use Morning and Night to remove excess mucous. (NOT INCLUDED IN PLUS KIT)

KForce[™] Oral Cleaning Program

DAILY ROUTINE: Morning and Night for 1-Month*[†]

***USE BALANCE RINSE (STEPS 1–4) ONLY TWICE A WEEK IN MORNING.**

- 1. Prepare Balance Rinse mixture.**
Shake bottles and mix one capful each of #1 and #2.
- 2. Brush and floss teeth with mixture.**
Gently clean teeth and gums.
- 3. Brush tongue with mixture.**
Gently clean tongue back to gag reflex.
- 4. Rinse with mixture for 30 to 60 seconds.**
DO NOT GARGLE. SPIT OUT. RINSE WITH WATER.
- 5. Clean teeth with KForce Toothpaste.**
Gently clean teeth and gums. Spit out excess paste.
- 6. Clean tongue with KForce Tongue Gel.**
Gently brush tongue with gel back to gag reflex.
- 7. Scrape tongue with Tongue Cleaner.**
Rinse mouth with water.
- 8. Take one serving of KForce Probiotics (Morning).****
Gargle with mouthwash OR dissolve one lozenge on tongue. Avoid food for 30 minutes.

******On Balance Rinse days take additional serving at Night.

[†]HYPERTONIC NASAL FLUSH: Use as needed (Morning and/or Night) to remove excess mucous. (NOT INCLUDED IN PLUS KIT)

Stay Balanced with KForce[™] Probiotics

MAINTAIN: Use KForce[™] Plus with Probiotics Every Day to Help Promote Fresh Breath

How Often May I Take KForce Probiotics?

You may take 1–4 servings a day of either KForce mouthwash or lozenges (follow Program instructions). KForce K12 probiotic bacteria are normal in about 2% of the population and help keep the mouth in good balance while promoting clean, fresh breath. **Visit our website to learn more!**