**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.