If a loved one is experiencing frequent interruptions of deep sleep, excessive daytime sleepiness, grinding of teeth and/or migraines, encourage them to speak with your dentist.

There are FDA Approved Dental Appliances that your dentist can prescribe to eliminate or greatly reduce symptoms that your loved ones may be experiencing.

Treatment is simple and effective. It's non-surgical. It involves no medicine. And the best news... It Works!

- Brux-eze®
- Rem-e-deze®
- Relaxer®
- Adjustable PM Ultra Positioner™
- APM Rem-e-deze®
- TAP® 1
- TAP® 3

The Relaxer is made, used and sold under license from Keller Laboratories, Inc. and is covered by US patents owned by NTI-TSS, Inc.

Compliments of Progressive Dental Services Laboratory
For reordering, please call 800.516.0789

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You’ve taken a crucial step toward a healthy life by talking with your dentist and purchasing a FDA approved dental appliance. Your Brux-eze® or Rem-e-deze® will eliminate bruxism pain and/or protect your natural teeth.

**Insertion Instructions**

You have just received a new thermoplastic bruxism appliance to protect your natural teeth from wear during sleep. Prior to placing this important appliance in your mouth, run it under hot water for a few minutes to prevent cracks or breakage. **Important:** A cold appliance will break if bent or forced in the mouth or off the model.

**Cleaning and Maintenance**

It is important that you keep your appliance clean to maintain its longevity. On removal, rinse and brush with a soft toothbrush and toothpaste. You can also soak the appliance in a commercial denture cleaner, but not more than 20 minutes once a week. Store your appliance dry in the container provided especially if you have a dog; they find these wonderful to chew on.

**Important**

Contact your dentist immediately if you feel any discomfort. Always bring your appliance to any dental appointment. **Note:** A new appliance is sometimes “cloudy” but it will become clear in 3 – 5 days.