

MYOSPOTS

Tongue Exercise Spots

Consumer Information

This leaflet provides important information about using Myospots.

1. What are Myospots?

Myospots are biodegradable adhesive discs (spots) that are used to exercise tongue muscles and train the tongue to elevate and rest on the palate.

2. What should I know before I use Myospots?

⚠ WARNING

CHOKING HAZARD

- Children less than 6 years old must use the product only under supervision of adults.

DO NOT CHEW OR SWALLOW

- The spot can adhere to the oesophagus and cause discomfort.
- If swallowed by mistake; try to have a meal. This will create large boluses of food that can help dislodge the spot and push it to the stomach.

INTOLERANCES

- Myospots are made of safe non-allergic ingredients and intolerances to Myospots are very rare and could be a result for reaction to particular fruit flavour.
- If allergic reaction or intolerance was encountered, stop using the product immediately.

WHEN TO SEEK MEDICAL ASSISTANCE?

- In the case of choking or allergic reaction.

3. How do I use Myospots?

How much to take / use

- Take one to four Myospots daily as directed by your health professional.
- Duration of treatment is between 3 and 6 months depending on health practitioner recommendations.

How to use Myospots

1. Place one spot on a clean, dry thumb and gently force it towards the palate for 10 seconds to make sure it is adhered to the palate surface.

2. The spot should be placed at the midline of the palate approximately 3-5 mm from the two upper front teeth.
3. Remove your thumb and use your tongue to continue pressing on the spot until it is completely dissolved. If you experience difficulties in adhering the spot please refer to FAQ on www.myospots.com

For more information and video instructions, please visit our website: www.myospots.com. If you have any questions, please email info@myospots.com.

4. Storage instructions

Storage instructions

- To be stored below 30 °C in a dry place away from direct sun light.
- The product is sensitive to moisture. Do not leave the container open.
- It is best to use all the spots within 60 days from opening.

Keep it where young infants cannot reach it.

5. Product details

Myospots are available to all individuals. Each bottle contains 100 spots. Myospots are made of biodegradable materials that are safe for internal human consumption.

What Myospots contain

Myospot ingredients	Algae agar, Xanthan gum, Cellulose gum, Stevia, Potassium sorbate preservative, Natural colour, and natural fruit flavour.
Product is free from	Animal products, Gelatin, Synthetic colouring or flavouring agents.
Suitable for	Vegans, Halal, Kosher

6. Where to find Myospots?

This product is a property of Myospots Australia Pty Ltd and is manufactured by Acino Pharma AG, Switzerland.

It is distributed by Dental Plus Australasia Pty Ltd.