



## Gear up right. Get a custom mouthguard.

**Q** When you're about to take an elbow to the face from that 6'2" point guard, what would you rather have? A custom mouthguard with the preferred 3mm of material? Or one off the shelf that you can't guarantee is thick enough?

**A** You want to keep your teeth.

**Q** Do you like being able to breathe properly when you compete?

**A** Of course you do. That's why you need a custom mouthguard. A recent study of over 500 rugby players revealed a significant number had trouble breathing while using off-the-shelf mouthguards.

**"The Academy for Sports Dentistry recommends the use of a properly fitted mouthguard. It encourages the use of a custom fabricated mouthguard made over a dental cast and delivered under the supervision of a dentist."**

**Without a mouthguard, you risk far more than just chipping a tooth. You could damage...**

- Teeth
- Gum Tissue
- Supporting Bone Structure

**Not only do you need a mouthguard, but you need your own mouthguard, custom made by your dentist, and you don't have to break the bank to get one. Here are just a few of the benefits to a custom mouthguard made to fit your teeth and only your teeth:**

- The fit is precise, with very little distortion, and also covers teeth at the back of your mouth
- Custom mouthguards have the greatest durability and allow you to sustain the hardest impacts with lower risk of damage, and they'll be the most comfortable for you
- Your mouthguard will fit snugly, protecting your teeth, gum tissue and supporting bone, and won't fall out
- Your dentist can ensure that your mouthguard is the correct thickness, unlike "boil-and-bite" products off the shelf
- There is almost no interference with speech or breathing

**Don't want to bother with a custom mouthguard? Think about the drawbacks of off-the-shelf mouthguards before finalizing your decision:**

- The fit is not exact and not as comfortable
- The material used is normally thinner than is recommended to provide the best protection
- Off-the-shelf products offer minimal protection for the gums and supporting bone
- They often fall out and can become lodged in your throat
- Non-custom products are less durable

**Talk to your dentist today about the procedure and cost of a custom made mouthguard, and give your teeth a fighting chance while you compete!**