Bleaching Precautions:
1. Do not use household bleach to whiten teeth.
2. Not intended for use by pregnant women. Consult a healthcare practitioner if you are breastfeeding or pregnant.
3. If you have any questions regarding the appropriate use of this product, including how long it will take to bleach your teeth, please consult your dentist as soon as possible.
4. Do not use tobacco or eat while bleaching trays are in place.
5. White spots on the enamel or that appear during bleaching may blend during continued bleaching process.
6. Teeth are naturally darker along the gumline. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.

General Precautions:
1. A small percentage of patients experience sensitivity with bleaching. Should this occur, remove the tray and contact your dentist.
2. Foods and juices high in citric acid can cause sensitivity to the teeth while bleaching.
3. Some patients have noticed temporary discomfort of the gums, lips, throat, or tongue. Should any of these symptoms persist more than two days or progressively worsen, call your dentist. These side effects will usually subside within 1-3 days after treatment is discontinued.
4. Coffee, tobacco, and other products can restain your teeth over time. Should this occur, the teeth can be re-whitened within a few nights using Opalescence.
5. Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.
6. Some old amalgam or “silver” fillings may leave a dark purple color in your bleaching tray; this is normal.
7. Crowns, bridges, partial dentures, veneers, and composite fillings will not bleach.
8. Store bleach out of the sun and heat. Do not freeze.
9. Do not use Opalescence if patient has a known allergy or chemical sensitivity to peroxides, Carbopol, glycerin, etc., mint or melon flavor can be irritating to some patients. If a patient has a known sensitivity to mint or melon, another flavor or non-flavored variant should be selected.
Cool mint with fluoride

Indications:
Aids in the prevention of dental decay.

Directions:
Adults and children over 6 years of age: Brush teeth thoroughly, preferably after each meal or at least twice a day, or as directed by a dentist or physician. Children 6 years and younger: Use a pea-sized amount for supervised brushing to minimize swallowing. In case of intake of fluoride from other sources, consult a dentist or physician. Children under 2 years of age: Consult a dentist or physician.

Warning:
As with all fluoride toothpastes, keep out of the reach of children under 6 years of age. If you accidentally swallow more than used for brushing, seek professional assistance or contact a Poison Control Center immediately. Regulations on administering fluoride containing products may differ from country to country.

Toothpaste Ingredients: Contains Sodium Fluoride 0.25% w/w, Glycerin, Water (Aqua), Silica, Sorbitol, Xylitol, Flavor (Aroma), Poloxamer, Sodium Lauryl Sulfate, Carbomer, FD&C Blue#1 (CI 42090), FD&C Yellow#5 (CI 19140), Sodium Benzoate, Sodium Hydroxide, Sparkle (CI 77019, CI 77891), Sucralose and Xanthan Gum.