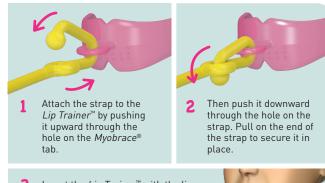
Lip Trainer[™] Indications For Use:

The *Lip Trainer*[™] should be used for 5 minutes twice daily.



3 Insert the *Lip Trainer*[™] with the lip bumpers on the lower side.



4 Close lips over the Lip Trainer[™], hold the strap and pull on it horizontally while keeping the lips squeezed tightly together.

If the *Lip Trainer*[™] falls out, place it back into the mouth and use just enough force for the lips to hold the *Lip Trainer*[™] in place.



5 Vary the exercise by pulling the strap slightly upwards and then slightly downwards to strengthen the upper and lower lips individually.

Repeat this exercise for 5 minutes.



The *Lip Trainer*[™] and *Lip Seal Trainer* are used with *The Myobrace*[®] *System* by *MRC*

Modern research has shown that mouth breathing, incorrect tongue position and swallowing habits cause misaligned teeth and poor jaw development. One of the most important ways to correct this is by keeping the lips together and breathing through the nose. Although *The Myobrace® System* addresses those habits, most children will need additional exercises to achieve this goal.

The *Lip Trainer*[™] is used to stretch and strengthen the lip muscles, while the *Lip Seal Trainer* teaches the lips to stay together at all times when not speaking.

Correct Jaw Development requires the lips to stay together.

A mouth breathing child will not develop their jaws correctly, resulting in a longer face and crowded teeth. Also, the medical profession has shown this leads to sleep-related health problems.

By keeping the lips together, the tongue assists correct growth and the lips no longer restrict lower jaw growth. The *Lip Trainer*^m can be used for patients of any age, in combination with the *Trainer* or *Myobrace*[®] Systems.

CLEANING THE LIP TRAINER™: Clean your *Lip Trainer*[™] under warm running water every time you remove it from your mouth. Use *Myoclean*[™] tablets to correctly clean once every week. Ask your Doctor about *Myoclean*[™], the recommended cleaning agent for all *MRC* appliances.

CAUTION: CHILDREN MUST BE SUPERVISED BY AN ADULT WHEN USING THE LIP TRAINER[™].

Lifetime use: 6 months based on everyday wear. Replace after 12 months regardless of wear time.

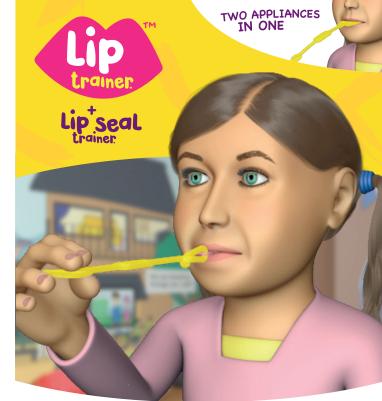
Lip Trainer" by Myofunctional Research Co. Myofunctional Research Co. Australia: 44 Siganto Drive, Helensvale QLD 4212 Australia Tel:+617 5573 5999

USA Representative:

Myofunctional Research Co. USA 9267 Charles Smith Avenue, Rancho Cucamonga CA 91730 USA PO Box 2781, Rancho Cucamonga CA 91730 USA Tel: +1 866 550 4696

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P Myofunctional Research Europe B.V. Gompenstraat 21c 5145 RM Waalwijk The Netherlands P.O. Box 718, 5140 AS Waalwijk The Netherlands Tel: +31 416 651 696



IMPROVES LIP STRENGTH AND LIP SEAL

WWW.MYODTACE.COM PATENTS PENDING WORLDWIDE, FOR MORE INFORMATION VISIT MYORESEARCH.COM

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Single Patient Use

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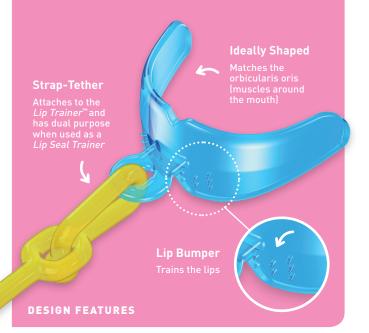




The Lip Trainer[™] is designed to be used in conjunction with other appliances in the *Trainer* and *Myobrace*[®] *Systems*.

Mouth breathing children cannot close their lips without a lot of strained lip activity which is detrimental to jaw growth.

The *Lip Trainer*[™] improves and helps to obtain lip seal, while strengthening and stretching the lower lip muscles to reduce their overactivity when swallowing.







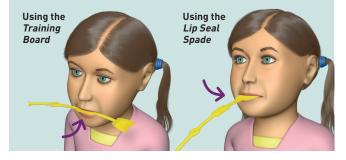
The *Lip Seal Trainer* is designed to be used in combination with the *Lip Trainer*[™] to improve lip seal, strengthen lip muscles and stretch the lower lip muscles to reduce their overactivity on swallow.



The Lip Seal Trainer has dual purpose, serving as a standalone device as well as a tether for the Lip Trainer^M

Multiuse of the Lip Seal Trainer

The *Lip Seal Trainer* assists in training the lips to stay together and improve lip strength. This is essential for the correction of chronic mouth breathing. For children with poor lip seal and open mouth posture, the device includes features which allow progression of lip competency. The *Training Board* feature can be used as a starting point for the first month before progressing to the *Lip Seal Spade*.



Lip Seal Trainer Indications For Use:

It is recommended that the *Lip Seal Trainer* is firstly used in combination with the *Myobrace*[®].

- Place the *Lip Seal Trainer* between the lips with the end touching the *Myobrace*[®] then lightly close the lips enough to hold it in place. Continue this for 10 minutes when you are wearing the *Myobrace*[®].
- 2 Remove the *Myobrace*[®] and use the *Lip Seal Trainer* on its own for another 2 minutes.

Combine with 5 minutes of *Lip Trainer*[™] use, twice daily, or as instructed by your practitioner.

These instructions may vary based on your individual needs as indicated by your practitioner.