



## 1-MONTH PLUS KIT with KForce Probiotics

### **Lifestyle Tips** from Dr. Speiser

#### **Stop eating all dairy products.**

*Replace with soy, oat or rice based food alternatives.*

#### **Floss teeth every day.**

*Be sure gums do not bleed and floss does not smell. And if they do, see a dentist promptly.*

#### **Eat three regularly scheduled meals a day.**

*Avoid binge eating and fad diets. Drink water after eating.*

#### **Stay hydrated and avoid dry mouth.**

*Drink water after meals and when thirsty, not all day long.*

#### **After eating refresh breath with Xylitol.**

*Chew a piece of Recaldent gum or enjoy a KForce BOOSTERS lozenge after meals or snacks to neutralize mouth pH and promote fresh breath.*

### **FOR MORE INFORMATION, CALL OR VISIT OUR WEBSITE:**

**AUS** 1300 653 335 [www.breezecare.com.au](http://www.breezecare.com.au)

**UK** 020 8133 6899 [www.breezecare.co.uk](http://www.breezecare.co.uk)

**USA** 323 580 6899 [www.breezecare.com](http://www.breezecare.com)

**INTERNATIONAL** +(612) 9363 0744

**OR BY SKYPE AT: breezecare**

BreezeCare Pty Ltd,  
159A New South Head Road, Edgecliff, Australia, 2027  
Copyright © 2011 BreezeCare Pty Ltd

- KForce K12 Probiotics
- KForce Balance Rinse
- KForce Toothpaste
- KForce Tongue Gel
- Tongue Cleaner





## Optional 5-day Detox Cleaning

GET STARTED: Morning and Night for 5 Days<sup>†</sup>

- 1. Prepare Balance Rinse mixture.**  
*Shake bottles and mix one capful each of #1 and #2.*
- 2. Brush and floss teeth with mixture.**  
*Gently clean teeth and gums.*
- 3. Brush tongue with mixture.**  
*Gently clean tongue back to gag reflex.*
- 4. Rinse with mixture for 30 to 60 seconds.**  
*DO NOT GARGLE. SPIT OUT. RINSE WITH WATER.*
- 5. Clean teeth with KForce Toothpaste.**  
*Gently clean teeth and gums. Spit out excess paste.*
- 6. Clean tongue with KForce Tongue Gel.**  
*Gently brush tongue with gel back to gag reflex.*
- 7. Scrape tongue with Tongue Cleaner.**  
*Rinse mouth. Avoid food for 30 minutes.*

<sup>†</sup>HYPERTONIC NASAL FLUSH: Use Morning and Night to remove excess mucous. (NOT INCLUDED IN PLUS KIT)

## KForce™ Oral Cleaning Program

DAILY ROUTINE: Morning and Night for 1-Month\*<sup>†</sup>

**\*USE BALANCE RINSE (STEPS 1–4) ONLY TWICE A WEEK IN MORNING.**

- 1. Prepare Balance Rinse mixture.**  
*Shake bottles and mix one capful each of #1 and #2.*
- 2. Brush and floss teeth with mixture.**  
*Gently clean teeth and gums.*
- 3. Brush tongue with mixture.**  
*Gently clean tongue back to gag reflex.*
- 4. Rinse with mixture for 30 to 60 seconds.**  
*DO NOT GARGLE. SPIT OUT. RINSE WITH WATER.*
- 5. Clean teeth with KForce Toothpaste.**  
*Gently clean teeth and gums. Spit out excess paste.*
- 6. Clean tongue with KForce Tongue Gel.**  
*Gently brush tongue with gel back to gag reflex.*
- 7. Scrape tongue with Tongue Cleaner.**  
*Rinse mouth with water.*
- 8. Take one serving of KForce Probiotics (Morning).\*\***  
*Gargle with mouthwash OR dissolve one lozenge on tongue. Avoid food for 30 minutes.*

**\*\***On Balance Rinse days take additional serving at Night.

<sup>†</sup>HYPERTONIC NASAL FLUSH: Use as needed (Morning and/or Night) to remove excess mucous. (NOT INCLUDED IN PLUS KIT)

## Stay Balanced with KForce™ Probiotics

MAINTAIN: Use KForce™ Plus with Probiotics Every Day to Help Promote Fresh Breath

### How Often May I Take KForce Probiotics?

You may take 1–4 servings a day of either KForce mouthwash or lozenges (follow Program instructions). KForce K12 probiotic bacteria are normal in about 2% of the population and help keep the mouth in good balance while promoting clean, fresh breath. **Visit our website to learn more!**