

MYOSPOTS™

Tongue Exercise Spots

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

Packaging: Each bottle contains 100 spots.

Storage: To be stored below 30 °C in a dry place away from direct sun light.

Instructions for use:

1. Place a MYOSPOT on a clean, dry thumb; 2. Apply the spot to the anterior part of the palate, just behind the two front teeth, with gentle force for 10 seconds; 3. Remove your thumb and keep pressing the SPOT with your tongue until it is completely dissolved.



If you experience difficulties in having the spot adhered to the palate surface, try wetting the lightly adhered spot with saliva from the tongue tip before applying pressure.

NOTE: The product is sensitive to moisture. Do not leave the container open and it is best to use all the spots within 60 days from opening.

⚠ WARNING:

DO NOT USE with toddlers under 2 years of age – Children 2-6 years old must use the product only under supervision of adults.

DO NOT WEAR DURING SLEEP – You can use Myospots for tongue exercise before going to bed, but make sure the spot is completely dissolved before you sleep.

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.

Composition:

Myospots are made of biodegradable materials that are safe for internal human consumption. Each spot contains algae agar, xanthan gum, cellulose gum, stevia, potassium sorbate preservative, natural colour and natural fruit flavour. The product is free from animal products or gelatin. No synthetic colouring or flavouring agents are used. This is a VEGAN friendly product.

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

For more information visit our website: www.myospots.com or contact us at info@myospots.com