

## Quick question:

*How many player hours are lost every season due to the common cold or influenza?*

## Sports And Mouthguards

The head and mouth are the most injured areas of the body during contact sports. The injuries can be painful, costly, and permanent. Therefore any athlete playing contact sports should be wearing a mouthguard and if you are wearing a mouthguard, you should be cleaning it. Another quick question however, very relative; do you brush your teeth?

Finally there is a mouthguard cleaning system that is effective, portable, convenient and easy to use. "As easy as brushing your teeth".

**The Fresh One™ Antibacterial Mouthguard Cleaning System, consists of two components;**

- 1) The Fresh One™ Antibacterial Mouthguard Cleaner / Carrying Case — perfect for daily cleaning or overnight soaking. For best results, keep cleaning chamber upright while cleaning mouthguard, keeping mouthguard submerged in solution. Place a Fresh One™ tablet and mouthguard into cleaning chamber, add enough water to cover mouthguard, close lid firmly and soak mouthguard 10 - 15 minutes or until tablet dissolves. Empty solution, rinse mouthguard and cleaning chamber. Place mouthguard into ventilated drying chamber and close lid firmly. Your mouthguard is clean and fresh, ready for next use.
- 2) The Fresh One™ Antibacterial Mouthguard Cleanser Tablets — come in a 32 pack. Tablets are mint flavoured. It is recommended to keep tablets in a cool dry place, away from small children. DO NOT eat tablets or place in mouth.



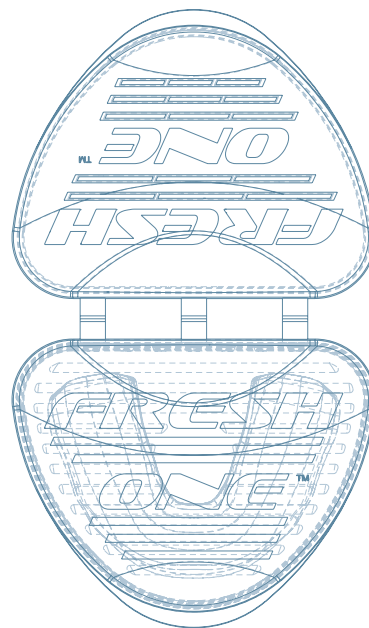
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**FRESH ONE™**  
**ANTIBACTERIAL MOUTHGUARD CLEANING SYSTEM.**

**GRAB A  
FRESH  
ONE™**



If you are wearing a mouthguard — you should be cleaning it.

**"WEAR A  
FRESH ONE™"**

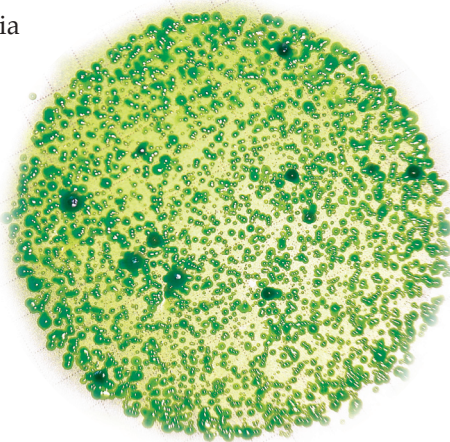
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**A**thletic equipment including mouthguards are a **very good host for bacterial growth** because of the plastics used in their construction. For example, bacteria can get trapped in crevices and pores of the material and if it is not cleaned and dried properly, the germs can flourish, multiplying “en masse”. Everytime the mouthguard is placed in your mouth you are adding heat and moisture, two ingredients that help in furthering bacterial growth.

Two separate samples of used mouthguards were brought to a microbiological lab and under two independent studies and analysis, the reports came back showing very high concentrations of **organic bacteria — totally unacceptable levels**. One sample was 8 times higher than the amount of bacteria allowed in drinking water and the other was an astounding 20 times higher than drinking water standards.

We furthered our study and cleaned the mouthguards using our Fresh One™ Antibacterial Mouthguard Cleanser

Tablets and the results were amazing compared with the first tests. The samples taken showed counts of bacteria well within the drinking water standards set forth by government regulations.



Petri dish showing bacterial count on mouthguard sample

## “Healthy Mouth, Healthy Body”

Most of us realize that diet and exercise play an important part in keeping us healthy. But did you know that a healthy mouth is also an important part of a healthy body?

Poor oral health can affect a person’s quality of life. Oral disease, like any other disease, needs to be treated. Bleeding or tender gums are often overlooked, but a chronic infection, including one in the mouth, is a serious problem that should not be ignored.

Mouthguards get contaminated because of the porous material they are made of. These micro-organisms and bacteria not only lead to dental diseases, but to systemic diseases such as; bacterial endocarditis, upper respiratory tract infections, wound infections and gastrointestinal infections.

Research has shown there is an association between oral disease and other health problems such as diabetes and certain kinds of pneumonia. There may even be a link between oral disease and other health problems like heart disease and stroke.

Although researchers are just beginning to understand this relationship, evidence shows that oral disease can aggravate other health problems and that keeping a healthy mouth is an important part of leading a healthy lifestyle.