

■ **Soladey**
ion5
IONIC TOOTHBRUSH

HOW TO USE

Instructions for best use of your Soladey Ionic Toothbrush

After wetting the bristles and semiconductor with water (saliva is sufficient outdoors - *see note below) brush all surfaces of your tongue without using toothpaste, and especially first thing in the morning after stomach acids have accumulated from sleeping.

Brush from the back of tongue (not in the throat!) to the tip of the tongue. You may see discoloration on the bristles (concentrated bacteria and accumulation of acids), and so make sure you rinse the bristles repeatedly with water to remove this film. Once you feel the bristles and tongue are adequately clean then you can work on the tooth surfaces as there will be less concentration of bacteria in the mouth.

Bear in mind that the tongue generally carries most of the mouth's bacteria! Continue to brush your teeth lightly and thoroughly in the same way as with an ordinary toothbrush. Concentrate on contacting the teeth rather than applying force. Unlike a conventional toothbrush, Soladey eliminates the necessity to apply much pressure to the tooth surface.

*Note: Saliva is sufficient for brushing teeth outdoors, but in this case we don't recommend you brush your tongue outdoors without a source of running water available to clean the bristles.

Soladey J3X is a hybrid toothbrush. Light received either/both on the rod or on the solar panel will activate the ions.

Make certain there is an adequate light source (natural or artificial) necessary to activate the semiconductor and solar panel. If you are brushing the back teeth surfaces the rod will receive limited direct light, so make sure you do not cover the solar panel with your hand as the solar panel will transfer the light to the rod even when light conditions are low. The amount of light required for the J3X to work effectively is the same level that would be required to power an electronic calculator. Sunlight works well, and also a well-lit environment is equally as effective.

The brighter the source of light the better the result. You will notice that your saliva will foam slightly when the toothbrush is working effectively. If you are using toothpaste, use

very little as this can interfere with the natural anti-bacterial action that Soladey provides through the ions and the natural bacteriostatic effect of titanium. Titanium is safe and is used in many medical applications worldwide. We can document the safety of titanium in many independent studies that have been conducted. You can find these studies on our Facebook page (Soladey).

Make sure you rinse the rod after each use (especially if using toothpaste). If you live in an area of hard water then carefully remove the handle from the head and clean the rod with bristles (your old toothbrush or a used head). This may be done once a month or if the rod has a build-up of calcium or toothpaste.

We recommend a natural mouthwash or powder to replace toothpaste and to freshen your breath (although the Soladey Brush will do this on its own). A few drops of NATURAL MINT OIL or even OREGANO OIL also works well though very strong tasting: be warned ☹

Remember not to throw the handle and rod away. Replacement heads are available.

Tapered heads provide a deeper cleansing in between the gum-line (these heads have a soft feel). Soft heads are standard. Medium heads allow the user to better control and perceive the contact on the tooth surface and therefore brush lightly. The bristles will flex less than soft type and therefore may last longer. Child bristles will fit in small mouths and are soft in feel.

SAFETY: Make sure you keep the brush head attached to the handle and rod at all times except during replacement. Never leave the toothbrush or bare handle and rod near young children or infants.