

Express Whitening Strips Instructions



1. Remove from package.



2. Center tray on arch.



3. Gently suck down or swallow.



4. Remove outer tray.



5. Suck down or swallow again.
Lightly tap tray if necessary.



6. Wear 10% for 30 to 60 minutes
and 15% for 15 to 20 minutes.