

## How to correctly use mouthcare oil for oil pulling?

### **Recommended use**

Take a teaspoonful of mouth care oil in the morning on an empty stomach after brushing your teeth. Pull the oil without much effort back and forth, draw it through your teeth, even bite and suck it so that it has intense contact with the mucous membrane. Then spit it out. Note: The best time for pulling oil is in the morning on an empty stomach. To intensify detoxication, you can repeat the procedure several times a day before meals. Store in a cool and sealed place. Once opened, consume quickly. Sediments and cloudiness are naturally occurring. Sesame, peanuts and nuts are also processed in the same factory.

### **Note**

The best time for pulling oil with VIVAMAYR mouth care oil is in the morning on an empty stomach. To intensify the detoxication, you can repeat the procedure several times a day. Pulling oil is part of the daily oral hygiene plan and an important part to maintain your health. It supports and improves the excretion of toxins caused by numerous troubles and diseases.

### **It is especially helpful with the following**

- Indisposition of the jaw, loosening of the teeth
- Periodontosis, gum bleeding
- Aphthea in the mouth, decay
- Headache, migraine
- Chronical sinusitis, digestive problems
- Exposure to environmental toxins
- Non-specific exposure to toxins
- Fatigue, faintness, abnormal fatigue