

Aktiv-K12 Probiotics

the **all-natural** approach to long
term fresh breath and oral health



IMPORTANT! YOU MUST FOLLOW INSTRUCTIONS EXACTLY AS WRITTEN.

Perform the following seven (7) day cycle until you have completed four (4) cycles. Repeat the entire process every 5-6 months.

Day 1 - Morning and Evening

Step 1 - Brush and rinse using your choice of TheraBreath toothpaste and oral rinse being careful to follow all product directions. Gently clean your tongue once more with a TheraBreath tongue cleaner.

Step 2 - Fill the provided mixing cup to the **RED** line with your choice of any fruit juice or water. Add **16 drops** of the AktivOxygen Serum. Swirl this mixture in your mouth for 30 seconds, gargle for 5 additional seconds and spit. Rinse your mouth with water for 10 seconds and spit.



Step 3 - Choose one of the following methods.

Method A (Water) - Fill the mixing cup to the **RED** line with water. Using the provided mixing spoon, add one (1) level measure of Aktiv-K12 Powder. Swirl this mixture in your mouth for 30 seconds, gargle for an additional 5 seconds then spit. Do not eat or drink for 5 minutes.



Method B (Yogurt) - Using the provided mixing spoon, add one (1) level measure of Aktiv-K12 Powder to sugar free yogurt. Aktiv-K12 Powder mixed with sugar free yogurt greatly enhances the GOOD bacteria in the Aktiv-K12 Powder. Do not eat or drink anything else for 5 minutes.



Days 2 through 7 - Morning Only

Step 1 - Same as Day 1

Step 2 - Fill the provided mixing cup to the **BLACK** line with water - do not use juice. Add **8 drops** of the AktivOxygen Serum. Swirl this mixture in your mouth for 30 seconds, gargle for 5 additional seconds and spit. Rinse your mouth with water for 10 seconds and spit.

Step 3 - Same as Day 1