

## COPPER (CUPRUM) TONGUE CLEANER



**Standard:**

SKU: 9347246003619

RRP: AUD\$12.00

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## WHAT IT DOES:

**WHO DOESN'T WANT BREATH AS SWEET AS HONEY,  
HIGHLY TUNED TASTE BUDS AND LESS PLAQUE?  
USE DAILY TO INCREASE YOUR KISSABILITY!**

There's no wonder tongue cleaning has gained the attention of dentists.

Tongue cleaning (scraping) is a well-known Ayurvedic self-care practice used to remove oral bacteria and debris found on the back of the tongue that appears as a coating. The back of the tongue has little movement and is more oxygen deprived resulting in bacteria buildup.

Scraping the tongue daily reduces the production of bacteria in the mouth and ensures it won't be reabsorbed back into the body where it is an added burden to your immune system. Tongue scraping also stimulates your taste buds and they'll work more effectively because they won't be weighed down by the coating of bacteria.

Research shows tongue scraping is effective at removing oral bacteria found on the tongue.



# COPPER (CUPRUM) TONGUE CLEANER

Mouth detox for fresher breath,  
whiter teeth and clearer skin

## WORKS WELL WITH



Oral Swishing Oil - Oil swishing puts the brakes on the growth of toxic bacteria in your mouth that would otherwise travel down into your body where it contributes to your toxic load that can show up on your skin.

## HOW TO USE ME:

Scrape first thing in the morning

Relax the tongue and use scraper to scrape from the back of the tongue to front

Reach as far back as you feel comfortable

Repeat 5 times, rinsing the scraper in between

Oil pull with Oral Swishing Oil, brush and floss

## REMEDIAL BENEFITS:

**Copper** - Copper (Latin Cuprum) tongue scrapers have been used in Ayurveda for thousands of years. The ancients understood copper had healing properties. Medical research related to infection control also shows the benefits of copper containing-rooms in hospitals for its ability to resist bacteria.

Improve your kissability, clean your tongue!

# Frequently Asked Questions:

## Why use a tongue scraper?

Scraping daily removes and reduces the coating on our tongues. This then reduces the production of this bacteria in the mouth and ensures it won't be reabsorbed back into the body where it is an added burden to your immune system. Tongue scraping also stimulates your taste buds so they'll work more effectively because they won't be weighed down by the coating of bacteria.

Tongue cleaning helps to:

- Improve oral hygiene
- Freshen breath
- Remove bacteria
- Improve digestion

## What does it remove?

Tongue cleaning removes the oral bacteria and debris found on the back of the tongue that appears as a coating. This back of the tongue has little movement and is more oxygen deprived, resulting in most of the bacteria building up in that location.

## Where does it fit into my oral hygiene routine?

Tongue cleaning is best done at least once a day, prior to oil pulling with our Oral Swishing Oil, flossing and then brushing.

## Why has my tongue scraper changed colour?

Copper changes colour as it oxidises, so as our tongue scrapers are made of copper, their colour will change over time. However, this will not have any impact on the effectiveness of the product.

