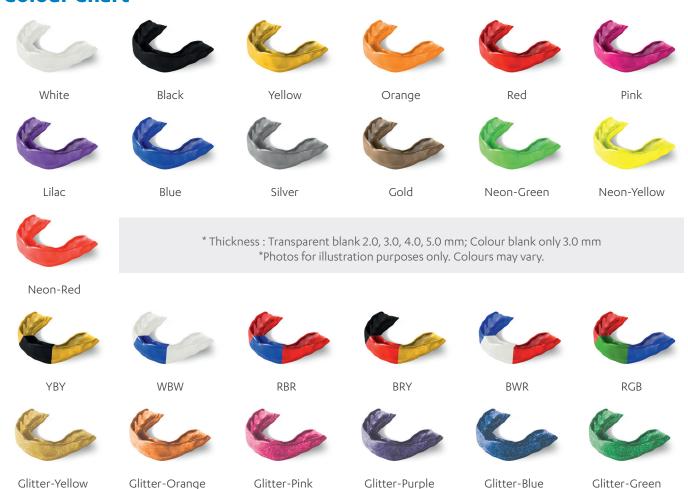
# **MOUTHGUARD COLOUR CHART**



Mouthguards should be worn during playing and training for any sport which could possibly contact the facial structures. The New Zealand Dental Association (NZDA) advises only using a professionally custom-made and custom-fitted mouthguard. Southern Cross Dental offers a wide range of colours and designs to choose from.

### **Colour Chart**



# **Specifications**







Thickness 3mm

**Applications**Low impact sports (for ages 5-12).

#### Examples include:

Speed skating, volleyball, soccer, little league sports.

#### Standard





# **Thickness** 5mm

**Applications**Non-contact
sports (adults).

#### Examples include:

Intense cycling, rock climbing and weightlifting.

### **Professional**





# **Thickness** 6mm + 3mm

hard labial insert

### Applications

Heavy contact sports where hard, pointed blows may be received by the jaw.

#### Examples include:

Hockey, rugby, boxing and wrestling.



