

# How to use teeth whitening strips

## How do White Bite strips work?

White Bite teeth whitening strips are different to other products in that they do not contain peroxide. They work both on and beneath the surface of your tooth enamel to provide you with a whiter smile. Our strips remove existing stains and prevent new stains from occurring. They're simple to use effective, mess and stress free!

## How to use white bite.

- Open the pouch to reveal the upper and lower whitening strips
- dry your teeth with a towel, remove the longer upper strip from its plastic backing placing it up to your gum line folding the excess behind your teeth and repeat this step with the bottom strip.
- Allow 30 mins for your white bite strips to complete their process, avoid eating and drinking during this phase.
- Remove both the upper and lower strips, remove the excess and voila!

## Why use White Bite?

Our strips actually work! All jokes aside, who doesn't want a brighter smile? White Bite is a non-harmful teeth whitening product without any of the harmful ingredients that are generally found with teeth whitening products usually used to give a similar result! Although peroxide is effective in removing stains, it can cause irreversible damage to your inner tooth and permanent increased sensitivity; this is only one of the many potential side effects in using peroxide based whitening products. Due to these adverse and unwanted side effects both EU and UK laws were revised in regards to peroxide based whitening agents; as such any teeth whitening product with a peroxide content of higher than 0.5% must now only be administered by a medical professional. Of course you could consider going into a salon where they paint your teeth with a solution containing under 0.5% peroxide, put you under a blue light for 30 minutes without an active ingredient actually whitening your teeth. The creators of White Bite like many others have tried nearly every option available when it comes to teeth whitening. Ineffective and expensive treatments aren't our first choice. White Bite's peroxide free formula is one of the gentlest ways to whiten your teeth, whitening your smile without lasting sensitivity or any other adverse effects. White bite teeth whitening strips are easy to use, they don't put your health at risk and they're cost effective too!