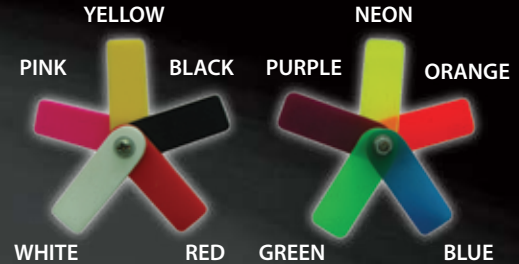


Mouth Guard Colour Chart



Type	Thickness	Application	Remarks
Junior	4 mm	Non-contact sports (junior)	Gymnastics, Figure Skating, Skateboard
Standard	5 mm	Non-contact sports (adult)	Intense Cycling, Rock Climbing, Weight-lifting
Senior	6 mm	Sports with some degree of contact	Wakeboarding, Baseball, Squash
Elite	6mm + 3mm at anterior adjusted to correct occlusion	Contact sports where objects with a large surface area may be received by the jaw	Soccer, Basketball, Hockey
Professional	6mm + 3mm hard labial insert	Heavy contact sport where hard, pointed blows may be received by the jaw	Rugby, Boxing, Wrestling