

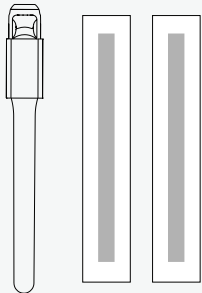
**MISWAK CUTTER CASE**  
Instruction Manual

THIS Toothbrush is a line of products that revives an ancient, natural toothbrush called the miswak.

The miswak comes from the *Salvadora Persica* tree and is known for its natural properties that help clean and whiten teeth, without the need for toothpaste or water.

**PACKAGE INCLUDES:**

1 Cutter Case + 2 Miswaks

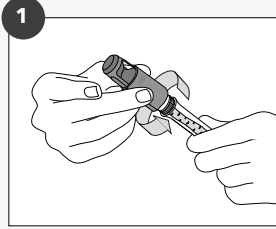


**FOR MORE INFORMATION:**

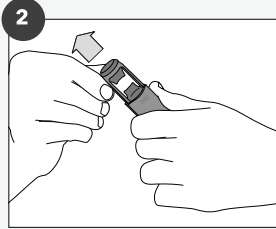
- 🌐 [www.thisisatoothbrush.com](http://www.thisisatoothbrush.com)
- ✉ [hello@thisisatoothbrush.com](mailto:hello@thisisatoothbrush.com)
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**HOW TO USE**

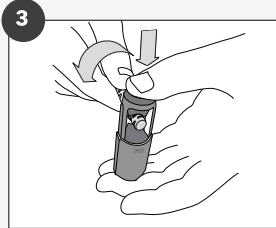
The Cutter Case is designed to store, carry, cut and peel the miswak. Follow the instructions below for best results or watch the full video tutorial online at [www.thisisatoothbrush.com/tutorial](http://www.thisisatoothbrush.com/tutorial)



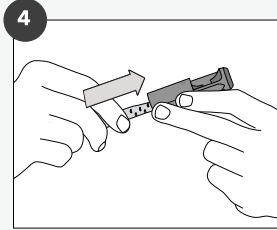
Twist the cutter off the tube to unlock.



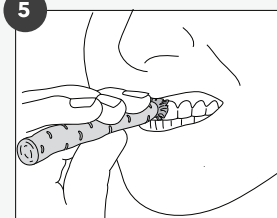
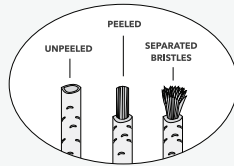
Carefully pull the top of the cap to separate the blades. Be careful with your fingers as blades are very sharp.



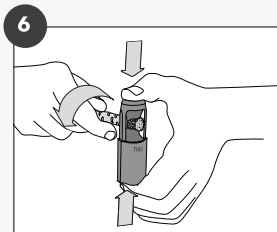
To peel the outer layer of the Miswak, first place 1 cm of the tip between the two blades. Then twist the Miswak as you push down lightly on the cap with your thumb until the outer layer is removed. It helps to gently pull the miswak towards you as you do this.



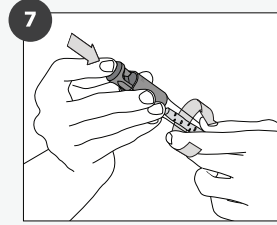
Chewing on the tip of the miswak is the best way to separate the bristles. For some extra help, insert the peeled tip of the miswak into the center of the cap and twist against the tip of the hidden cone.



Hold the miswak perpendicular to your teeth and brush in a circular motion away from the gums. Allow the bristles into the gaps between the teeth for a gentle floss.



When the bristles dry out, cut the tip off by pressing down firmly with your thumb while twisting the miswak. Discard the used tip.



To store your miswak, place it in the tube after each use. Secure the cutter by pressing the top down as you twist the tube into the cutter cap. Make sure the blades are locked together when not in use to avoid accidents.

**USAGE TIPS**

- Do not store your miswak in the bathroom, as it is highly absorbent.
- Cut the used tip of your miswak off once a day on average.
- Use the miswak several times a day as either a substitute or complementary method to your dental hygiene routine.
- Replace the miswak with a new one after you have used two-thirds of it.
- If your miswak gets dry, soak it in a bowl of water to revive it.
- Store your miswak and Cutter Case in a dry environment to avoid the occurrence of mold.
- To clean, rinse the tube with water and soap or place it in a dishwasher. Rinse the cutter cap with water by hand.
- Moisture, length and thickness of each miswak will vary slightly.

**HISTORY & ORIGIN**

The miswak, along with other forms of chewing sticks, is considered to be the oldest toothbrush in history. It is still commonly used in the Middle East, North Africa, and Central and Southeast Asia.

In Islamic cultures, the miswak is considered to be "sunnah", referring to the daily practice of the prophet Mohammad (PBUH).

**MEDICAL FINDINGS**

Over the years, dental researchers and medical publications have studied the antibacterial properties associated with the miswak, which comes from a special tree called the *Salvadora Persica*, or Arak tree.

These studies reveal that when used correctly, the miswak can have a positive impact\* on your dental health through:

- Plaque reduction
- Teeth whitening
- Bad breath prevention
- Killing bacteria
- Increased salivation
- Nicotine addiction therapy

\* For more information about these medical studies, visit our website [www.thisisatoothbrush.com](http://www.thisisatoothbrush.com)

Please note that this product does not guarantee the dental benefits mentioned above. We recommend that you consult with your dentist or doctor to determine the best natural dental hygiene solution for you.

**NEED MORE MISWAK?**

Order your refill packs online at [thisisatoothbrush.com](http://thisisatoothbrush.com) or at your local **THIS Toothbrush** supplier

**ADDITIONAL INFORMATION**

The Cutter Case is produced in China using Eastman Tritan™ BPA-free copolyester and polished Stainless Steel.

Our miswak is sourced from Karachi, Pakistan. It is preserved in micro amounts of Potassium Sorbate, EDTA and Glycerin and vacuum-sealed to retain moisture and freshness.

We are constantly working with our suppliers to find the freshest, most natural miswak preservation techniques possible.

**WARNINGS & DISCLAIMERS**

- Blades are very sharp. **Keep Cutter Cap away from children.** Make sure the cap is locked onto the tube when not in use to avoid injury.
- If you experience any allergic reactions to the miswak, discontinue use and consult with your doctor or dentist.
- This product is not intended to diagnose, treat, cure, or prevent any disease.

FOR COMPLAINTS OR INQUIRIES PLEASE SEND AN EMAIL TO [hello@thisisatoothbrush.com](mailto:hello@thisisatoothbrush.com)