

Myospots Australia Products list

About us

Myospots Australia Pty Ltd is a private company that was founded in 2018 on the Gold Coast, Queensland, Australia with a mission to enhance general wellness by producing simple, innovative tools that improve breathing and facial development, and deliver natural, high-quality, safe dental and skin-care products to all people.

Products range

1. Tongue exercise spots:



Myospots launched its first innovation “**Tongue exercise spots**” in February 2020. The product is being used by mouth breathers and those with low-setting tongue posture to train the tongue to elevate and rest on the roof of the mouth. The dissolvable, adhesive spots adhere easily to the palate, and stimulates the tongue to elevate unconsciously to taste and touch the adhered spot until the spot dissolves completely. Each spot provides almost 1 full hour of tongue elevation exercise. Using 2-3 spots for 10-12 weeks results in development of nasal breathing habit, which is associated with reduction in snoring and improvement in sleep apnea.



Place a MYOSPOT on your dry, clean thumb



Force the spot against the anterior part of the palate with gentle force for 10 seconds



Remove your thumb and keep pressing the SPOT using your tongue until it dissolves

2. Myospots Lip tape



Mouth taping facilitates nasal breathing by sealing the lips, but it can be risky when the nose is blocked. The **Myospots lip tape** reminds you to close your mouth rather than forcefully seal it. The unique stretchy nature of our lip tape allows for partial mouth opening if your nose gets blocked during sleep, facilitating the passage of air at the sides of the tape.

Key Features of **Myospots lip tape**:

- Adheres to lips and not surrounding skin making it an **excellent option for men with facial hair**
- Minimalistic design
- Stretchy nature that allows partial mouth breathing under stress.
- Hypoallergenic
- Ideal for sleep and exercise



3. Myospots Nasal Strips



- **Myospots nasal strips improve breathing through the nasal airway.** Narrowed or blocked nostrils may lead to resistance to airflow through the nose, which in turn forces you back to mouth breathing, which can result in snoring.
- Myospots nasal strips adhere to the nostrils, and the stiff fabric inside them stretches the nares, widening them to allow increased nasal airflow.
- In addition, **Myospots nasal strips** are *infused* either with **natural peppermint oil** to provide a cool and fresh airflow during sleep, or with **lavender oil** to calm you and help you go into deep sleep. The natural peppermint oil helps to counteract the effect of any allergens (such as dust and pollen grains) that can result in allergies and, consequently, partial or complete blockage of nasal airways during sleep, while lavender oil has a calming and relaxing effect to help your mind and body get easily into sleep.
- Using the **lip tape** with the **nasal strips** during sleep ensures a dual effect where the lip tape seals your lips together to prevent mouth breathing, while the nasal strips keep your nasal airways patent to facilitate nasal breathing.

Myospots Nasal Strips: How to use



clean and dry the nose surface before attaching the nasal strip



Remove the seal at the back of the strip



Attach the strip by gently pressing it to the nose



Sleep with the tape on and remove it slowly after waking up

Myospots Dental and Oral care products



Despite of its effectiveness in mineralising teeth and fighting tooth decay, **fluoride in toothpastes imposes a risk of fluorosis in young children** if toothpaste is frequently ingested during toothbrushing. A safer alternative to fluoride in toothpaste is hydroxyapatite. **Hydroxyapatite** is a form of calcium that makes up 97% of your tooth enamel and nearly 70% of the dentin of your teeth. Hydroxyapatite is absorbed by the teeth and fills the enamel fissures caused by demineralization.

Benefits of Hydroxyapatite over Fluoride Toothpastes:

1. **Better than fluoride in fortifying enamel:** Both fluoride and Hydroxyapatite remineralize the teeth and are comparable in effectiveness. However, Hydroxyapatite is even better in fortifying enamel and increasing its microhardness compared to fluoride (*Ann Stomatol (Roma). 2014, 5(3), 108-14*).
2. **Oral microbiome friendly:** Although fluoride and Hydroxyapatite have antibacterial properties, fluoride kills decay-causing and some good bacteria. On the other hand, Hydroxyapatite does not kill the bacteria. It stops tooth decay by preventing harmful bacteria from attaching to the enamel (*Eur J Dent. 2019 May;13(2):287-290*).
3. **Non-toxic:** Hydroxyapatite is safe as it is a biomimetic (*Oral Health Prev Dent. 2018; 16(1), 7-19*). Fluoride, on the other hand, can cause dental and skeletal fluorosis upon overexposure through frequent accidental ingestion of fluoride-containing toothpaste.
4. **Kid-friendly:** Children don't have complete control over swallowing at an early age and can ingest large amounts of toothpaste. When this happens, the fluoride in toothpaste can get absorbed into the bloodstream and cause dental fluorosis (*J Nanobiotechnology. 2019, 17(1), 17*).

5. **Whitens teeth:** Hydroxyapatite toothpaste has been shown to lighten the shade of the teeth without the help of any additional abrasives or whitening agents (*J Mater Sci Mater Med.* 2001, 12(3), 277-81).
6. **Better for teeth hypersensitivity:** Studies show that hydroxyapatite toothpaste is just as good as fluorapatite toothpaste in mineralizing teeth and fighting tooth decay, with an added benefit as it treats the root cause of dental hypersensitivity (*Materials (Basel)* 2019, 12(17), 2683; *Quintessence Int.* 2014, 45(8), 703-11).

4. Myospots natural Hydroxyapatite toothpaste



Myospots offers premium, high quality natural hydroxyapatite toothpaste in three different flavours; **Mint, Vanilla and Strawberry.**

In addition to this range of advantages of Hydroxyapatite over fluoride, Myospots toothpaste is made of **all-natural ingredients** that are safe and of high quality and are carefully selected to achieve optimum dental and oral health together.

Natural plant extracts with antimicrobial effects, such as **neem leaf extract, pomegranate fruit extract,** and **gum arabic tree stem bark extract,** fight tooth decay and maintain oral health.

In addition to these natural antimicrobial extracts, we have also chosen a group of natural antioxidant plant extracts such as **Vidanga Fruit Extract, Belleric Myrobalan Extract, Phyllanthus Emblica (Indian Gooseberry) Fruit Extract** and **Chebolic myrobalan Fruit Extract** that inhibit the growth of oral pathogens and reduce the formation of dental plaque.

Also, mild, natural abrasives such as **hydrated silica, calcium carbonate** and **sodium bicarbonate** remove debris and stains from teeth enamel to help restore natural teeth whiteness.

Myospots toothpaste is **SLS FREE.** We have selected safe and natural surfactant alternatives from coconut and vegetable oils to help toothpaste foam and spread out, including **lauryl glucoside, sodium cocoyl glutamate,** and **disodium cocoyl glutamate.**

And finally, the flavour used (mint, vanilla or strawberry) comes from **natural essential oil.** Rest assured that every ingredient in our toothpaste is carefully selected from natural sources to do a perfect job while being safe and of good quality.

5. Myospots nano-hydroxyapatite mouth wash



Myospots has developed the first Mouthwash in the Australian market that contains **hydroxyapatite** to mineralize the teeth, keep them strong and prevent tooth decay. Hydroxyapatite is better than fluoride in fortifying teeth enamel, is oral microbiome friendly, non-toxic and therefore kids friendly. In addition, it helps in natural teeth whitening and reducing teeth sensitivity.

In addition to this range of advantages of Hydroxyapatite, Myospots mouthwash is made of **all-natural ingredients** that are safe and of high quality and are carefully selected to:

1. Strengthen enamel.
2. Fight cavities and plaque.
3. Support healthy gums.
4. Freshen breath.
5. Balances oral microbiome.

Our Mouthwash contains Xylitol, a natural sweetener that reduces plaque formation by reducing acid production by bacteria.

It also contains Aloe vera and coconut oil, which both have nourishing and moisturizing effects on gum and oral tissues and have antibacterial and anti-inflammatory effects.

To our unique formula, we have also added *Lactobacillus casei*. This probiotic benefits your digestive system by promoting and maintaining healthy oral bacteria while reducing plaque production by harmful bacteria. It also assists in repopulating your oral bacterial flora with beneficial decay-reducing bacteria.

We have introduced baking soda to improve oral pH, neutralize acid, and prevent tooth decay.

Natural mint essential oil is used for its natural antiseptic effect and as a breath freshener for a cool and refreshed breath after each use.

6. Myospots Toothpaste tablets



In keeping with cutting-edge research and technology, Myospots has introduced hydroxyapatite-enriched toothpaste tablets.

Dry toothpaste tablets are convenient and encourage brushing your teeth in various situations. Whether having lunch at work or in school, dining outside, camping or travelling, Myospots toothpaste tablets provide a practical solution to brushing your teeth after meals. The toothpaste tablets prevent spills and encourage regular, convenient cleaning.

Toothpaste tablets are a **handy and practical option for on-the-go dental care**. The tablets are easy to carry in your bag, purse, or pocket and turn into a foamy paste once you crush and brush with your toothbrush.

The Myospots toothpaste tablets are heat resistant (you can leave them in a hot car and they won't melt like ordinary toothpaste) and **ultra-sustainable** with no plastic packaging.

How to use the toothpaste tablets?

Toothpaste tablets are so easy to use. Simply, crush-brush-and-rinse.

First, crush one tablet between your teeth and chew for 10-15 seconds to ensure the tablet granules are well dispersed in the spaces between your teeth.

Second, wet the bristles of your toothbrush and brush your teeth as you would normally do. While brushing, the tablet will begin to foam, and the longer you brush, the richer the foam will become. We recommend using our **pocket toothbrush**, a handy option for taking your brush on the go. The case protects the bristles from dirt, maintains cleanliness, and has enough space for several toothpaste tablets.

Lastly, thoroughly rinse your mouth and spit all the toothpaste tablet foam after brushing.

Advantages of the toothpaste tables

1. **Travel-friendly:** Myospots toothpaste tablets come in compact glass containers that can be safely packed in luggage and handbags without spilling. The dry tablets have a long shelf-life and can be permitted in liquid-free environments like planes. If you're on the go and need a quick clean, these tablets offer a convenient and fast option for cleaning your teeth without a toothbrush. A better and more efficient solution is to have our **pocket toothbrush** wherever you go. The space in the toothbrush case allows you to take a few tablets inside the case.
2. **More effective cleaning:** A few chews activate our Myospots toothpaste tablets to break up the crunchy granules while helping loosen surface debris from the teeth. The chewing action pushes the granules into gaps between the teeth and beneath the gums. Shortly after, the tablet granules mix with saliva, creating a soft foam for you to brush.
3. **Environmentally friendly:** Toothpaste tubes are made from plastics, often layered with metal and cannot be easily separated and recycled. Tubes take an average of 500 years to biodegrade. By contrast, our Toothpaste Tablets come in recyclable, eco-friendly glass containers.
4. **Well-calculated dose:** Our toothpaste tablets glass jar contains 62 tablets (one month's supply). The amount of toothpaste produced by chewing each tablet is well-calculated to be just the right amount needed so that you use the perfect amount each time. Furthermore, unlike toothpaste tubes that are difficult to empty, there will be no wastage.
5. **Free from preservatives:** Liquid toothpastes are typically loaded with preservatives to stop microbial growth inside the tube's moist environment. Myospots Toothpaste Tablets are supplied dry with no need for such chemicals.

Myospots Toothpaste tablet ingredients

Our toothpaste tablets contain **Hydroxyapatite** as the main active ingredient, which mineralizes the teeth, keeps them strong and prevents tooth decay without the risk of fluorosis (contrasting for fluoride-containing toothpaste). Hydroxyapatite is better than fluoride in fortifying teeth enamel, is oral microbiome friendly, non-toxic and therefore kids friendly. In addition, it helps in natural teeth whitening and reducing teeth sensitivity.

In addition to this range of advantages of Hydroxyapatite, Myospots toothpaste tablets are made of **all-natural, safe, high-quality, and carefully selected ingredients** to achieve optimum dental and oral health. They contain **Xylitol**, a natural sweetener that reduces plaque formation and acid-producing bacteria. Also, mild, natural abrasives such as **hydrated silica** and **calcium carbonate** remove debris and stains from teeth enamel to help restore natural teeth whiteness. Natural and safe foaming agents, **Sodium N-lauryl sarcosinate** and **Saponaria extract** enhance foam formation during chewing and brushing for more efficient teeth cleaning. Finally, **natural mint essential oil** refreshes your breath and gives you long-lasting freshness and cool sensation after brushing your teeth with Myospots toothpaste tablets.