

Your bathroom isn't the only place where you take care of your teeth! You should also protect them at the gym, on the soccer field, on the basketball court and more.

Do you play sports? You might need a mouthguard to protect your teeth. Mouthguards are little plastic pieces that fit in your mouth and around your teeth. They help prevent your teeth from getting chipped or falling out if you fall down or get hit by a ball or another player. And it's not just your teeth – mouthguards also protect your lips and cheeks from getting cut or injured.

If you participate in baseball, soccer, football, basketball, volleyball, martial arts, gymnastics, skateboarding or anything else that could injure your mouth, you should wear a mouthguard.

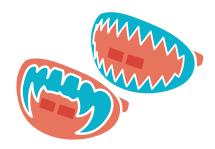
FAMOUS ATHLETES KNOW IT'S IMPORTANT TO PROTECT THEIR TEETH!



STEPHEN CURRY of the Golden State Warriors uses his mouthguard so much that it was featured in an NBA video game.



LEBRON JAMES once wore a mouthguard with "XVI" written on it. That means "16" – the number of games he needed to win the championship!



RONNIE HILLMAN of the Denver Broncos has mouthguards that look like shark teeth and vampire fangs.