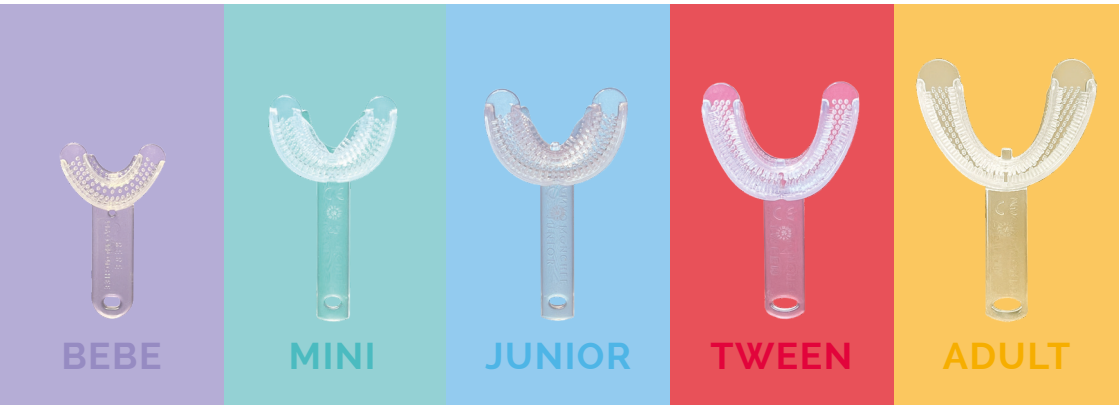
MYO MUNCHEE™

Changing the world... one chew at a time



What is the Myo Munchee?

A simple habit with long-term impact

In a world of soft foods and busy routines, many of us aren't getting the kind of chewing our development relies on. The Myo Munchee provides a simple, structured way to build that habit back in.

From the neurosensory foundations of the BEBE and the early chewing habits of the MINI, through to supporting healthy oral function with the ADULT, each Myo Munchee is designed to meet the needs of a specific stage of development.

Made from flexible, medical-grade silicone, every device includes gentle gum-massaging prongs, while additional features such as tongue attractors and trimmable molar pads help accommodate changing needs across the range.

What this can help support

Small daily habits for long term benefits

Building & maintain oral skills and co-ordination

The lips, tongue, cheeks and jaw learn to work together during chewing, swallowing and breathing.

Supporting nasal breathing habits

Nasal breathing plays an important role in oral function, sleep and everyday well-being.

Improve oral hygiene

Increased saliva flow for gum health and acid neutralisation.

Better oral function

Supports muscles for ideal tongue position, swallowing, lip strength and jaw stability.

Jaw growth, alignment & maintenance

Supports jaw growth, assists with alignment, and helps maintain a healthy, well-functioning jaw for life.

Chewing for **10 minutes** a day for long term benefits

Part of a broader approach to your symptoms

Personalised care starts with understanding your needs

The Myo Munchee forms part of a personalised care plan that may include assessment, guidance and treatment from a Myo Munchee Certified Practitioner.

Babies and Children

- ○ Mouth breathing
- ○ Messy or picky eating
- ○ Tongue thrust
- ○ Thumb or pacifier sucking
- ○ Struggling to swallow
- ○ Ongoing nasal or sinus congestion
- ○ Recurrent ear infections
- ○ Swollen or inflamed tonsils/adenoids
- ○ Open mouth at rest
- ○ Excessive dribbling
- ○ Delayed speech development
- ○ Difficulty producing certain sounds
- ○ Difficulty managing food textures
- ○ Daytime attention, behaviour or regulation issues
- ○ ADD/ADHD
- ○ Bed wetting

Adolescents and Adults

- ○ Teeth grinding
- ○ TMJ - discomfort
- ○ Clicking or locking jaw
- ○ Crooked or crowded teeth
- ○ Jaw or facial asymmetry
- ○ Mouth breathing
- ○ Poor oral muscle tone
- ○ Over bite/under bite/cross bite
- ○ Snoring
- ○ Disturbed sleep
- ○ Waking tired
- ○ Poor coordination of lip, tongue or jaw movements
- ○ ADD/ADHD
- ○ Chronic allergies



Which Myo Munchee is right for your stage?

Ask your practitioner to help you find the right fit, or refer to the guide below

DEVICE RANGE



BEBE 6-18 months

Based on age*



MINI 18 months – 4 years

Based on age*



JUNIOR 4 – 8 years

30-35mm



TWEEN 8 – 14 years & adults with narrow jaw structure

33-37mm



ADULT 14 years+

36-40mm

**Myo Munchee BEBE is designed for very early development. Use between 4-6 months is under practitioner guidance only.*



To take the inter-canine width, measure the straight line distance between the top two pointy (canine) teeth, tip to tip.

Find us @ MyoMunchee



Want to learn more?
Scan here for a deeper dive into your age and stage.

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