

## Where to Spray

Our advice is to spray A.S Saliva Orthana where you feel dry inside your mouth. However remember that if you spray directly towards the back of your throat most of the solution will be swallowed and may not reach other dry parts, so spray in more than one place. If you are feeling dry all over why not spray where the saliva glands exit inside the mouth for optimum relief (illustrated ). **Don't forget under your tongue is a very important place.**

