# Dear xxxxGraphical user interface, text, application  Description automatically generated

[Click here to download the [Pola Day/Pola Night Email image](https://us.polawhite.com.au/wp-content/uploads/sites/18/2022/01/Pola-Day-Pola-Night_email_content.jpg)]

*Alternative text to sit behind image:*

WHITEN YOUR TEETH IN THE COMFORT OF YOUR OWN HOME, AT A TIME THAT SUITS YOU.

Pola Day uses hydrogen peroxide, a fast acting tooth whitening ingredient to get you a whiter smile sooner. While the unique Pola formula has built in desensitising technology which will minimise sensitivity.

Pola Night uses carbamide peroxide, a more gentle tooth whitening ingredient which is better suited to sensitive teeth.

If the directions are followed, each concentration will ultimately give the same result – a whiter, more conﬁdent smile. Both Pola Day and Pola Night uses a neutral pH teeth whitening formulation that can achieve your desired whitening effect in as little as 30-45 minutes a day.