

# Vicks First Defence Nasal Spray



**Category**

Cough, Colds and Sore  
Throat

**Manufacturer**

PROCTER & GAMBLE  
HEALTH

**Pack size**

15ml

**RRP**

£7.65

**Legal Status**

MD



**Uses**

Traps, inactivates and helps body naturally remove the cold virus, before it develops into a full blown cold.



**Format and Ingredients**

Nasal spray for nasal irrigation



**Dosage**

Over 12 years: use at the first signs of a cold. Apply 2-3 sprays per nostril, without tilting the head, up to 4 times a day. Allow 4 hours between applications. Avoid inhaling deeply.  
Under 12 years: not suitable for use.