



# Vicks First Defence Nasal Spray

## Uses

Helps the body to remove common cold viruses naturally, before they take hold.

## Dosage

Over 12 years: 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.

## Format and Ingredients

Nasal spray

**Category:**  
Cough, Colds and Sore Throat

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 15ml

**RRP:** £7.95

**Legal Status:** MD