



# Sterimar Nasal Hygiene

## Breathe Easy Daily

## Uses

Cleanses and eliminates impurities (e.g. dust, mucus and allergens). Helps to improve breathing to enhance quality of sleep and helps prevent ear, nose and throat disorders by strengthening the nasal lining's defence. Helps prevent colds by washing out nasal passages.

## Dosage

Adults and children from 3 years: On first use, prime the spray by briefly pressing the nozzle. For easy breathing and to moisturise the nasal lining: Keeping the head straight, gently put the nozzle in the nostril. Spray once or twice in each nostril. Let any excess solution flow out and then blow the nose. For a deeper cleansing of the nasal cavities: Keeping the head tilted to one side, gently put the nozzle in the upper nostril. Dispense a prolonged spray. Let any excess solution flow out of the other nostril and then blow the nose. After each use, clean the nozzle in hot water and dry. Use 2-6 times a day for as long as needed or as long as recommended. Suitable for pregnant and breastfeeding women.

## Format and Ingredients

Nasal spray containing:  
100% natural sea water based solution (isotonic solution),

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

**Manufacturer:**  
CHURCH & DWIGHT UK LTD

**Pack size:** 50ml, 100ml

**RRP:** £4.49, £6.63

**Legal Status:** MD, MD