



# Sterimar Congestion Relief

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## Uses

Helps to rapidly decongest the nose in the event of colds and sinusitis by washing out nasal cavities. Washes away even thick mucus.

## Dosage

Adults and children from 3 years: prime the spray by briefly pressing the nozzle. From the onset of colds and sinusitis: Keep the head straight and put the nozzle in the nostril, spraying once or twice into each nostril. Let any excess solution flow out and then blow the nose. For a deeper cleansing of the nasal cavities and blocked noses: Keep the head tilted to one side and put the nozzle in the upper nostril, spraying once or twice for 2-3 seconds. Let any excess solution flow out of the other nostril and then blow the nose. Use 2-6 times a day until the nose is no longer blocked or as long as recommended. Intended for temporary use if blocked nose. Suitable for pregnant and breastfeeding women.

## Format and Ingredients

Nasal spray containing:  
100% natural sea water based solution (hypertonic solution enriched with copper),

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

**Manufacturer:**  
CHURCH & DWIGHT UK LTD

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

**RRP:** £4.49, £6.63

**Legal Status:** MD, MD