

# Vicks First Defence Nasal Spray



**Category**  
Cough, Colds and Sore  
Throat  
**Manufacturer**  
**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.