



## Sterimar Hayfever & Allergy Relief

### Uses

Eliminates allergens by washing out nasal cavities. Prevents allergy symptoms (sneezing, runny noses and itching). Helps reduce the number of acute allergic rhinitis episodes.

### 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 mucosa: 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 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 recommended. Suitable for pregnant and breastfeeding women.

### Format and Ingredients

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

**Category:**  
Allergies

**Manufacturer:**  
CHURCH & DWIGHT UK LTD

**Pack size:** 50ml

**RRP:** £4.99

**Legal Status:** MD