

Nasaleze®



800mg

When to use Nasaleze Travel

Take **Nasaleze Travel** before symptoms start.

To defend against airborne viruses, **Nasaleze Travel** should be taken prior to exposure to a high virus risk environment. If travelling all day **Nasaleze Travel** should be applied 2 to 3 times over the course of the day.

If symptoms of cold or flu have already started before taking **Nasaleze Travel**, you can still apply **Nasaleze** to shorten its duration.

If concurrent use of another nasal spray is required, **Nasaleze Travel** should be re-applied afterwards so that the barrier created is not disturbed.

Nasaleze Travel can be used in addition to other treatments, as part of a combination therapy strategy in the fight against cold and flu.

Who can use Nasaleze Travel?

Nasaleze Travel is suitable for adults, athletes, pregnant and breast-feeding women and children from 3 years.

Keep out of reach of young children.

Nasaleze Travel does not contain any drugs or medicines.

Nasaleze Travel has a good safety profile.

Nasaleze Travel is non-drowsy.

How does Nasaleze Travel work?

Recycled air on aeroplanes, trains and buses can easily spread germs and leave us vulnerable to catching a virus.

Nasaleze Travel is a powder nasal spray. The powder turns to a gel in the nose which creates a barrier to shield, protect and deactivate airborne germs and viruses.

Nasaleze Travel can shorten the duration and severity of cold and flu-like symptoms.

Nasaleze Travel can help stop the reappearance of virus-related cold and flu-like symptoms.

The **Nasaleze Travel** treatment action has been proven in 4 clinical studies.



How to use Nasaleze Travel

To defend against airborne viruses, **Nasaleze Travel** needs to be applied 2 to 3 times per day to maintain an effective barrier. Or if symptoms have already started take **Nasaleze Travel** 3 times per day until symptoms disappear.



Step 1 – Blow your nose.



Step 2 – Remove cap and shake the bottle.



Step 3 – Administer a test spray to gauge the pressure required for an ideal dose, which is a 10 to 15cm plume of powder. If you find the bottle too stiff to squeeze with one hand then use both hands (once you are used to taking **Nasaleze Travel** the test spray is no longer needed).



Step 4 – Place the nozzle of the bottle just inside the nose and apply 1 to 2 sprays into each nostril. Inhale gently while squeezing but do not inhale deeply.



Step 5 – Re-apply each time you blow your nose.

During first use, you may experience a tingling or burning sensation in the nose or light sneezing. This is a transient sensation that will go away as you become used to taking **Nasaleze Travel**.

You may also feel some form of irritation, especially if your nasal membranes are already inflamed or irritated. This will subside quickly.

Some individuals can feel a slight sensation of a blocked nose, this is normal and is the feel of the barrier created by **Nasaleze Travel**.

If you experience serious discomfort after application of **Nasaleze Travel** consult your physician.

If concurrent use of another nasal spray is required, **Nasaleze Travel** should be re-applied afterwards so that the barrier created is not disturbed.

If Nasaleze Travel is not adequately relieving your symptoms...

Consult your physician about what medication you could take to supplement your **Nasaleze Travel Shield** in the fight against cold and flu.

Read the above guidance carefully and try **Nasaleze Travel** using the 5 steps.

How to store Nasaleze Travel

Do not rinse the bottle with water or other liquid as this may block the bottle.

Do not use if tamper evident seal is broken.

Always replace the cap.

Store at room temperature, or between 5°C and 30°C

Once opened use within 6 months.

Do not refrigerate or freeze.

Contraindications

Not suitable for children under 3 years.

Do not use this product if you are sensitive to cellulose, mint or garlic.

Avoid contact with eyes.

Avoid contact with open wounds.

If powder gets into your eye, rinse with water.

To avoid contamination do not use this product for more than one person.

Very few cases of allergic reactions to this product have been reported. Minor reports received have been blocked nose, runny nose, sneezing, sore throat. If you experience reactions more severe than this then use of the product should be discontinued immediately and if symptoms persist, consult your physician.