

Sterimar Congestion Relief



Category
Cough, Colds and Sore Throat

Manufacturer
CHURCH & DWIGHT UK LTD

Pack size
50ml, 100ml

RRP
£4.99, £7.99

Legal Status
MD, MD



Uses

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



Format and Ingredients

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



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 and then blow the nose. Use 2-6 times a day until the nose is no longer blocked or as long as recommended. Suitable for pregnant and breastfeeding women.