

# Sterimar Breathe Easy Baby



**Category**  
Cough, Colds and Sore  
Throat, Infants and Babies

**Manufacturer**  
CHURCH & DWIGHT UK  
LTD

**Pack size**  
50ml

**RRP**  
£4.49

**Legal Status**  
MD

## Uses

Gently clears and unblocks a baby’s nose. Helps wash out impurities (e.g. dust, pet hair, allergens and mucus). Helps ensure comfortable breathing to facilitate sleep and feeding.

## Format and Ingredients

Solution containing:  
100% natural sea water based solution (isotonic solution),

## Dosage

From birth to 3 years: On first use, prime the spray by briefly pressing the safety nozzle. Gently insert the safety nozzle into the nostril. Spray briefly 1 or 2 times into each nostril. Let any excess solution run out before wiping the nose. For a deeper cleansing of the nasal cavities: lay the baby on his/her back if under 2 years old or seat if over the age of 2. Tilt the baby's head to the side (never backwards) and gently insert the safety nozzle into the uppermost nostril. Dispense a prolonged spray. Let any excess solution run out of the other nostril and then wipe the nose. Repeat the operation in the other nostril if necessary. Use 2 to 6 times a day. After each use, clean the safety nozzle thoroughly with hot water and wipe with a clean, dry cloth.