



Sterimar Cold Defence

Uses

Cleanses and washes out impurities (including airborne responsible for colds). Helps to limit cold symptoms.

Dosage

Adults and children from 3 years: prime the spray by briefly pressing the nozzle. To help to limit common cold symptoms 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 your nose. For a deeper cleansing of the nasal cavities: keeping the head tilted to one side, gently put the nozzle in the upper nostril. Spray once 2 to 3 seconds. Let any excess solution flow out and then blow the nose. Use 2 to 6 times a day for as long as needed or as long as your doctor recommends. Suitable for pregnant and breastfeeding women.