



## Nytol Anti-Snoring Throat Spray

### Uses

To help reduce snoring throughout the night.

### Dosage

Over 18 years: use before going to bed. Attach diffuser to the nozzle and shake can vigorously. Hold can upside down and dispense the foam towards the back of the throat for one second then swallow. Repeat sequence two, three and four times.

### Format and Ingredients

Foam spray containing:  
Phosphatidylcholine, Carrageenan, Rosehip Extract,