



# Counter Intelligence PLUS | 2025

The training guide for pharmacy assistants



## Sterimar Congestion Relief Kids

### Uses

Rapidly decongests the nose and washes away even thick mucus. Relieves the symptoms of colds and helps reduce the risk of secondary infections.

### Dosage

Prime the spray by briefly pressing the nozzle. Children 3 months to 3 years: lay the child down on his/her side or sitting up with baby's head tilted to one side. Two years and over: keep the head upright. Gently insert the nozzle into the nostril and press for approximately 2 seconds. Let any excess solution run out before wiping the nose. Repeat in the other nostril. Recommended for use prior to sleep and before (breast) feeding. Use 2-6 times a day until the nose is no longer blocked or as long as a doctor recommends.

### Format and Ingredients

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

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

**Manufacturer:**  
CHURCH & DWIGHT UK LTD

**Pack size:** 50ml

**RRP:** £4.49

**Legal Status:** MD