



## Happinose

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### Uses

For the symptomatic relief of nasal congestion associated with the common cold, catarrh, head colds and hay fever. Blow nose before application.

### Dosage

Adults: apply up to 1cm of ointment in and around each nostril, using the little finger, and inhale through the nose. Re-apply every four hours or as required. Children 10 years and over: as for adults but use up to half a cm. Children aged 5-9 years old: use up to one quarter of a cm. Children under 5 years: not recommended.

### Format and Ingredients

Ointment base containing:  
Levomenthol 0.3% w/w,