

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: Not scheduled

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

nozoil®

10 ml (Nasal Spray)

Sesamum Indicum (Sesame seed oil)
Western Herbal Medicine

Read all of this leaflet carefully because it contains important information for you.

NOZOIL is available without a doctor's prescription. Nevertheless you still need to use NOZOIL carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NOZOIL with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

WHAT NOZOIL CONTAINS

NOZOIL contains 100 % pure sesame seed oil. Sesame oil has a very high content of vitamin E, an antioxidant. NOZOIL contains all three naturally occurring forms of Vitamin E (alpha, beta and gamma tocopherol).

NOZOIL does not contain any preservatives.

WHAT NOZOIL IS USED FOR

NOZOIL is recommended for the relief of nasal dryness and crusting. NOZOIL protects, lubricates, softens and moisturises the nasal mucosa, providing relief from nasal dryness and discomfort; and prevents recurring dryness and crusting. A dry nose may result from:

- Inhaling dry air (in air-conditioned buildings, dry hot climates, airplanes)
- Polluted environments and inhaling foreign particles such as dust and smoke
- Ageing (in particular menopausal women)
- Patients who undergo radiation therapy to the head or throat
- Patients who undergo nasal surgery
- People who suffer from nosebleeds
- Use of certain medications - e.g. the treatment of acne, nasally administered allergy or steroid medicines
- During and after a common cold

NOZOIL may help clear nasal passages and ease nasal congestion.

BEFORE YOU USE NOZOIL

Do not use NOZOIL:

If you are hypersensitive (allergic) to sesame seed oil.

Take special care with NOZOIL:

Consult your doctor or pharmacist if symptoms of nose dryness and crusting does not improve after using NOZOIL.

Pregnancy and breastfeeding:

If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other health care professional for advice before using NOZOIL.

Driving and using machinery:

NOZOIL is not known to have any influence on driving or using machinery.

Using other medicines with NOZOIL

There are no known interactions with other medicines. Always tell your healthcare professional if you are taking any other medicine. This includes complementary or traditional medicines.

HOW TO USE NOZOIL

Keep to the instructions stated on this leaflet. You should check with your doctor or pharmacist if you are unsure.

Adults: 1 to 3 sprays in each nostril three times daily.

Children under 12 years: 1 spray in each nostril three times daily.



Blow your nose well.
Remove the plastic cap from the bottle.



Let the bottle rest on your thumb and place your second and index finger on the platform which is pushed down towards the bottle. Before you use the spray for the first time, or if you have not used it for a long period, pump a few times until the oil is delivered in the form of a spray. NOZOIL is an oil based product. In order to avoid stains on walls and clothes etc., spray onto a tissue.



Insert the tip of the pump into the nostril. Hold the bottle upright and spray 1 to 3 times. Change the direction of the spray so that the oil reaches different parts of the mucosa. At the same time inhale air through the nose. After use, wipe the tip of the pump and replace the cap.

If you use more NOZOIL than you should:

Sesame seed oil is used as a food ingredient. The amount contained in a bottle of NOZOIL is not considered to result in adverse effects. In the event of overdosage, consult your doctor or pharmacist.

POSSIBLE SIDE EFFECTS

There are no known side effects. Not all side effects reported for NOZOIL are included in this leaflet. Should your general health worsen or if you experience any unwanted effects while using NOZOIL please consult your doctor, pharmacist or other healthcare professional for advice.

STORING AND DISPOSING OF NOZOIL

Store at or below 25 °C and protect from light. Replace the cap after use. Do not use after the expiry date stated on the label and carton. **KEEP OUT OF REACH OF CHILDREN.**

PRESENTATION OF NOZOIL

10 ml Brown spray glass bottle with white (plastic) cap.

IDENTIFICATION OF NOZOIL

Clear/colourless to light yellow solution.

NAME AND ADDRESS OF MANUFACTURER

Pharmare Health Care International AB
Kungssportsplatsen 1
SE-411 10 Göteborg,
Sweden

NAME AND ADDRESS OF APPLICANT

Actor Pharma (Pty) Ltd¹
Unit 7, Royal Palm Business Estate
646 Washington Street
Halfway House, Midrand
1685

This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

®-Registered Trademark ¹ Company registration number: 2008/008787/07