

**STÉRIMAR™**  
**STÉRIMAR™ BABY**  
**NASAL HYGIENE**

**PROPRIETARY NAME AND DOSAGE FORM**

**STÉRIMAR™ Nasal Spray Solution**

**STÉRIMAR™ baby Nasal Spray Solution**

**COMPOSITION**

**STÉRIMAR™** and **STÉRIMAR™ baby** are filtered, isotonic, preservative-free sea water solutions that benefit from the recognised properties of mineral salts and marine trace elements such as zinc, copper, manganese, iron, magnesium and selenium.

Each 100 ml contains:

Sea water: 31,82 ml

Purified water qsp 100 ml

**INDICATIONS**

**STÉRIMAR™** and **STÉRIMAR™ baby** have a micro diffusion spray of fine droplets which increases the contact of the seawater solution with the mucosa thereby resulting in an effective washout of the nasal fossae and comfortable breathing.

**STÉRIMAR™** is recommended for children and adults to:

- Cleanse and eliminate impurities
- Moisturise and restore the natural moisture of the nasal mucosa

**STÉRIMAR™** helps prevent ear, nose and throat disorders by reinforcing the nasal mucosa's defenses.

**STÉRIMAR™** helps to improve breathing to facilitate a good sleep.

**STÉRIMAR™ baby** is recommended daily for babies from 0 to 3 years old to:

- Gently cleanse the nose and eliminate impurities
- Moisturise and restore the natural moisture of the nasal mucosa

**STÉRIMAR™ baby** helps prevent ear, nose and throat disorders by reinforcing the nasal mucosa's defenses.

**STÉRIMAR™ baby** helps to improve breathing to facilitate a good sleep and bottle or breastfeeding.

### **CONTRAINDICATIONS**

Hypersensitivity to any of the ingredients of **STÉRIMAR™** and **STÉRIMAR™ baby**.

### **WARNINGS and SPECIAL PRECAUTIONS**

None.

### **INTERACTIONS**

There are no known interactions with other medicines.

### **PREGNANCY AND LACTATION**

If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before using **STÉRIMAR™**.

### **DOSAGE AND DIRECTIONS FOR USE**

#### **STÉRIMAR™ for children and adults:**

On first use prime the spray by pressing the nozzle once.

*For daily nasal hygiene and moisturising of the nasal mucosa:*

Gently insert the nozzle into the nostril. Spray briefly, 1 to 2 times in each nostril. Let any excess solution flow out of the nose and then blow your nose.

*For a deeper cleansing of the nasal cavities:*

Tilt your head to one side and gently insert the nozzle into the uppermost nostril. Spray and hold the nozzle for 2 to 3 seconds. Let any excess solution flow out of the nose and then blow your nose. Repeat the operation in the other nostril if necessary.

After each use clean the nozzle in hot water and dry.

#### **STÉRIMAR™ baby:**

On first use prime the spray by pressing the nozzle once.

Lay baby on his / her side or sit up with baby's head tilted to one side.

*For daily hygiene and moisturising of the nasal mucosa:*

Gently insert the nozzle into the nostril. Spray briefly, 1 to 2 times in each nostril. Let any excess solution flow out of the nose and then wipe.

*For a deeper cleansing of the nasal cavities:*

Gently insert the nozzle into the uppermost nostril. Press the nozzle for approximately 2 seconds in each nostril. Let any excess solution flow out of the nose and then wipe.

After each use clean the nozzle in hot water and dry.

**Use 2 to 6 times a day or more if required, in each nostril.**

#### **SIDE EFFECTS**

There are no known side effects associated with the use of **STÉRIMAR™** and **STÉRIMAR™ baby**.

#### **KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT**

There are no known symptoms of overdose. Treatment should be symptomatic and supportive.

#### **IDENTIFICATION**

Colourless solution.

#### **PRESENTATION**

Pressurised container with inert gas (nitrogen)

**STÉRIMAR™** is available in 50 ml and 100 ml aluminium containers.

**STÉRIMAR™ baby** is available in 50 ml aluminium containers.

#### **STORAGE INSTRUCTIONS**

Pressurised container. Protect from sunlight.

Store at or below 25 °C.

Do not pierce or burn, even after use. Do not use after the expiry date stated on the label and carton.

**KEEP OUT OF REACH OF CHILDREN.**

**DISTRIBUTED BY**

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