



COLD & SINUSITIS RELIEF

What is Rhinopharyngitis?

Rhinopharyngitis, commonly known as "the common cold", is a benign viral infection of the upper respiratory tract (nasal cavity, throat, sinuses) that mainly affects the nasal area of the respiratory mucosa. More than 200 types of viruses can cause rhinopharyngitis, with rhinoviruses and corona viruses being the main ones.

During a cold, viruses attack the mucosa of the nose and throat causing inflammation of these areas. As a result, the irritated nasal mucosa swells up, producing more mucus, with an increased risk of a secondary bacterial infection.

Colds are contagious and are usually transmitted by contact with the hands or through airborne contaminants (i.e. by sneezing and coughing).

What are the symptoms of Rhinopharyngitis?

Rhinopharyngitis usually starts with:

- a blocked nose (nasal congestion)
- a runny nose
- sneezing
- a sore throat and/or cough
- a general feeling of being unwell

COMPOSITION:

STERIMAR™ Stop & Protect COLD AND SINUSITIS RELIEF is a medical device.

STERIMAR™ Stop & Protect COLD AND SINUSITIS RELIEF contains a filtered, hypertonic, 100 % natural sea water solution, rich in marine trace elements and enriched with copper and the essential oil of Eucalyptus Globulus.

STERIMAR™ Stop & Protect COLD AND SINUSITIS RELIEF does not contain any active pharmaceutical ingredients, preservatives or steroids.

STERIMAR™ Stop & Protect COLD AND SINUSITIS RELIEF is presented as a 20 ml nasal spray solution.

Each 20 ml contains: Sea water 15 ml

The other ingredients are: Caprylyl, capryl glucoside, Copper sulphate 5H₂O, Eucalyptus globulus leaf oil, Manganese sulphate 1H₂O, Sodium hyaluronate (20 to 50 kda), Sodium hyaluronate (100 to 300 kda), Purified water.

INDICATIONS:

As a hypertonic solution STÉRIMAR™ Stop & Protect COLD AND SINUSITIS RELIEF has a higher salt concentration than the cells in the human body.

This creates an osmotic effect that gently draws and drains excess fluid from the cells in the nasal lining.

STÉRIMAR™ Stop & Protect COLD AND SINUSITIS RELIEF helps relieve the symptoms of the common cold and sinusitis. It helps to liquify and clear even thick mucus and washes out the nasal cavities.

It moisturises and soothes the nasal passages in the event of a cold or sinusitis and forms a protective and invisible film on the nasal cavity which acts as a physical barrier against external causes of cold symptoms and sinusitis.

STÉRIMAR™ Stop & Protect COLD AND SINUSITIS RELIEF is recommended for use in adults and children from three years of age.

The STÉRIMAR™ Stop & Protect COLD AND SINUSITIS RELIEF has an anti-contamination valve. This anti-reflux valve system prevents contamination of the nasal spray solution ensuring its effectiveness for future use.

INSTRUCTIONS FOR USE:

- Blow your nose, one nostril at a time.
- Shake the nasal spray prior to use.
- Remove the protective cover.
- On first use, and if necessary, spray one to three times to prime the system. Keep the nasal spray upright with the nozzle facing upwards whilst spraying.
- Hold the bottle upright and insert the nozzle into your nostril, keeping your head slightly tilted to the side of the nostril being sprayed.
- Spray twice, gently inhaling.
- Repeat the process in the other nostril.

- Leave the solution to act for a few minutes before blowing your nose.
- Allow excess solution to drain. Dry and then blow your nose if necessary.
- Clean the nozzle in soapy water, rinse and wipe before replacing the protective cap.

DOSAGE:

Use STÉRIMAR™ *Stop & Protect* COLD AND SINUSITIS RELIEF at the first sign of a cold, rhinitis or sinusitis.

Adults and children from 3 years: 2 sprays per nostril, up to 6 times per day.

STÉRIMAR™ *Stop & Protect* COLD AND SINUSITIS RELIEF is suitable for use in pregnant and breastfeeding women although it is recommended that you consult your doctor, pharmacist or other healthcare professional for advice before using this product.

PRECAUTIONS FOR USE:

If in doubt speak to your doctor, pharmacist or other healthcare professional for advice before using STÉRIMAR™ *Stop & Protect* COLD AND SINUSITIS RELIEF.

Do not use STÉRIMAR™ *Stop & Protect* COLD AND SINUSITIS RELIEF if you are hypersensitive (allergic) to any of the ingredients.

STORAGE:

Store at or below 25 °C.

Do not use after expiry date stated on the label and carton.

Store out of reach of children.

MANUFACTURER:

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