



What is allergic rhinitis?

Allergic rhinitis is an inflammation of the mucous membranes of the nose caused by inhaling allergens. Some of these allergens are substances present in the domestic environment such as dust mites, animal hair or even mould spores. Other inhaled allergens come from the outdoor environment, such as pollen from trees, weeds or grasses, and are responsible for seasonal rhinitis otherwise known as hay fever. Other allergens are linked to the work environment (flour, natural latex, wood dust etc.) or to increasing air pollution. Allergic rhinitis may be mild or severe and can affect quality of life (sleep disturbances, disturbances while practising sports or leisure activities, discomfort at work or school) depending on the severity of the symptoms.

What are the symptoms of allergic rhinitis?

The symptoms of allergic rhinitis range from mild to severe.

The three main symptoms of allergic rhinitis are:

- Sneezing (occurring very soon after contact with the allergen)
- Clear nasal discharge (usually abundant)
- An itchy nose and/or nasal congestion

Itching at the back of the palate or throat often occurs. Patients will not have a fever but may also experience headaches, watery eyes or conjunctivitis, olfactory disorders or bronchial symptoms.

Depending on the severity of symptoms one's quality of life may be affected especially if symptoms cause sleep disturbances, disruption of sports or leisure or discomfort at work or school.

COMPOSITION:

STERIMAR™ *Stop & Protect* ALLERGY RESPONSE contains a filtered, moderately hypertonic, 100 % natural sea water solution, rich in marine trace elements with added manganese and calcium. STERIMAR™ *Stop & Protect* ALLERGY RESPONSE does not contain any active pharmaceutical ingredients, preservatives or steroids.

STERIMAR™ *Stop & Protect* ALLERGY RESPONSE is presented as a 20 ml nasal spray solution. Each bottle contains approximately 120 sprays.

Each 20 ml contains: Sea water 10 ml.

The other ingredients are: Calcium Chloride, 2H₂O; Manganese sulphate, 1H₂O; Sodium hyaluronate (20 to 50 kda); Sodium hyaluronate (100 to 300 kda) and Purified water.

INDICATIONS:

STERIMAR™ *Stop & Protect* ALLERGY RESPONSE is a medical device.

STERIMAR™ *Stop & Protect* ALLERGY RESPONSE helps relieve the symptoms of allergic rhinitis and protects the nose from the re-occurrence of symptoms.

As a moderately hypertonic solution STERIMAR™ *Stop & Protect* ALLERGY RESPONSE has a salt concentration which is moderately greater than the salt content of 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 thereby providing relief from nasal congestion.

STERIMAR™ *Stop & Protect* ALLERGY RESPONSE encapsulates, inactivates and neutralises the allergens responsible for the allergic reaction thereby reducing the symptoms of allergic rhinitis (runny nose, sneezing, blocked nose, itchy/tingling nose, watery eyes etc....).

STERIMAR™ *Stop & Protect* ALLERGY RESPONSE provides long-lasting hydration and forms a protective and invisible film on the nasal cavity which strengthens the barrier function of the nasal mucosa by preventing allergens from coming into contact with the nasal mucosa.

STERIMAR™ *Stop & Protect* ALLERGY RESPONSE is recommended for use in adults and children from three years of age.

The STERIMAR™ *Stop & Protect* ALLERGY RESPONSE 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* ALLERGY RESPONSE at the first signs of allergic rhinitis.

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

STÉRIMAR™ *Stop & Protect* ALLERGY RESPONSE 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* ALLERGY RESPONSE.

Do not use STÉRIMAR™ *Stop & Protect* ALLERGY RESPONSE 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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