



### When to use Nasaleze Cold & Flu Blocker

Take **Nasaleze Cold & Flu Blocker** before symptoms start.

**Nasaleze Cold & Flu Blocker** is a preventative treatment in the fight against cold and flu viruses.

**Nasaleze Cold & Flu Blocker** has been clinically proven to help stop the onset of a cold or flu or shorten its duration.

**Nasaleze Cold & Flu Blocker** is clinically proven to work effectively in adults and children from 3 years.

If symptoms of cold or flu have already started before taking **Nasaleze Cold & Flu Blocker**, you can still apply **Nasaleze** to shorten its duration.

If concurrent use of another nasal spray is required, **Nasaleze Cold & Flu Blocker** should be re-applied afterwards so that the barrier created is not disturbed.

**Nasaleze Cold & Flu Blocker** can be used in addition to medicines, as part of a combination therapy strategy in the fight against cold and flu.

### Who can use Nasaleze Cold & Flu Blocker?

• **Nasaleze Cold & Flu Blocker** is suitable for adults, athletes, pregnant and breast-feeding women and children from 3 years.

• Keep out of reach of young children.

• **Nasaleze Cold & Flu Blocker** does not contain any drugs or medicines.

• **Nasaleze Cold & Flu Blocker** has a good safety profile.

• **Nasaleze Cold & Flu Blocker** is non-drowsy.

### How does Nasaleze Cold & Flu Blocker work?

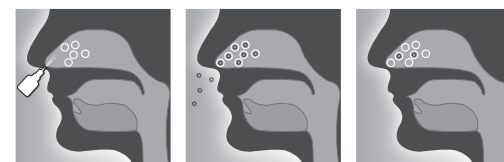
The most common route of infection for colds and flu is through the nose. Cold and flu viruses enter the nose and attach to the nasal lining, where they multiply and spread. This then leads to symptoms, such as a blocked or runny nose, sore throat, headache and coughing. In the initial stages of a disease you often cannot distinguish between the common cold and influenza. Influenza is a potentially serious disease; the definitive diagnosis requires a physician.

**Nasaleze Cold & Flu Blocker** is a powder nasal spray. The powder turns to a gel in the nose which creates a barrier to shield, protect and deactivate airborne germs and viruses.

**Nasaleze Cold & Flu Blocker** can shorten the duration and severity of cold and flu-like symptoms.

**Nasaleze Cold & Flu Blocker** can help stop the reappearance of virus-related cold and flu-like symptoms.

The **Nasaleze Cold & Flu Blocker** treatment action has been proven in 5 clinical studies.



**SPRAY** → **TRAP & DEACTIVATE** → **HELPS DEFEND AGAINST COLD & FLU**

### Ingredients

- HPMC 93%
- Peppermint powder 2%
- European wild garlic powder 5%

Suitable for vegans



Scan for more information.  
www.nasaleze.com

Text revised Oct 2019 by Nasaleze Group  
NASA-COLD 11/20

### How to use Nasaleze Cold & Flu Blocker

To defend against cold and flu, **Nasaleze Cold & Flu Blocker** needs to be applied 2 to 3 times per day to maintain an effective barrier. Or if symptoms have already started take **Nasaleze Cold & Flu Blocker** 3 times per day until symptoms disappear.



**Step 1** – Blow your nose.

**Step 2** – Remove cap and shake the bottle side to side.

**Step 3** – Administer a test spray to gauge the pressure required for an ideal dose, which is a 10 to 15cm plume of powder. If you find the bottle too stiff to squeeze with one hand then use both hands (once you are used to taking **Nasaleze Cold & Flu Blocker** the test spray is no longer needed).



**Step 4** – Place the nozzle of the bottle just inside the nose and apply 1 to 2 sprays into each nostril. Inhale gently while squeezing but do not inhale deeply.



**Step 5** – Re-apply each time you blow your nose.

### If Nasaleze Cold & Flu Blocker is not adequately relieving your symptoms...

• Consult your physician about what medication you could take to supplement your **Nasaleze Cold & Flu Blocker** in the fight against cold and flu.

• Read the above guidance carefully and try **Nasaleze Cold & Flu Blocker** using the above 5 steps.

### How to store Nasaleze Cold & Flu Blocker

- Do not rinse the bottle with water or other liquid as this may block the bottle.
- Do not use if tamper evident seal is broken.
- Always replace the cap.
- Store at room temperature, or between 5°C and 30°C
- Once opened use within 6 months.
- Do not refrigerate or freeze.

### Contraindications

- Not suitable for children under 3 years.
- Do not use this product if you are sensitive to cellulose, mint or garlic.
- Avoid contact with eyes.
- Avoid contact with open wounds.
- If powder gets into your eye, rinse with water.
- To avoid contamination do not use this product for more than one person.
- During first use, you may experience a tingling or burning sensation in the nose or light sneezing. This is a transient sensation that will go away as you become used to taking **Nasaleze Cold & Flu Blocker**.
- You may also feel some form of irritation, especially if your nasal membranes are already inflamed or irritated. This will subside quickly.
- Some individuals can feel a slight sensation of a blocked nose, this is normal and is the feel of the barrier created by **Nasaleze Cold & Flu Blocker**. In case of experiencing more than a slight sensation of blocked nose it is possible the product is being overused.
- If you experience serious discomfort after application of **Nasaleze Cold & Flu Blocker** consult your physician.
- If concurrent use of another nasal spray is required, **Nasaleze Cold & Flu Blocker** should be re-applied afterwards so that the barrier created is not disturbed.
- Very few cases of allergic reactions to this product have been reported. Minor reports received have been blocked nose, runny nose, sneezing, sore throat. If you experience reactions more severe than this then use of the product should be discontinued immediately and if symptoms persist, consult your physician. Contact the manufacturer and competent authority.
- Do not use for more than 30 days continuously.

### Symbols explained

European Medical Devices Directive	Use by date	Manufacturer	
Batch code	Authorized Representative	Consult instructions for use	Keep dry

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