



When to use Nasaleze PM Shield

Nasaleze PM Shield is a preventative treatment in the fight against modern pollution.

Take Nasaleze PM Shield before entering a potentially polluted area as a preventative way of protecting your nose from Particulate matter (PM). Particulate matter (PM) can be made up of many different chemicals. PM can't be seen, smelled or tasted – but these particles, especially the smaller ones (PM10 or less), can be very harmful to the human body.

Numerous researchers have found links between PM and nasal inflammation, allergies and asthma.

The nose is the gatekeeper of the airways and thus needs protecting.

If concurrent use of another nasal spray is required, Nasaleze PM Shield should be re-applied afterwards so that the barrier created is not disturbed.

Nasaleze PM Shield – The Invisible Mask

Who can use Nasaleze PM Shield?

- Nasaleze PM Shield is suitable for adults, athletes, pregnant and breast-feeding women and children from 18 months.
- Keep out of reach of young children.
- Nasaleze PM Shield does not contain any drugs or medicines.
- Nasaleze PM Shield has a good safety profile.
- Nasaleze PM Shield is non-drowsy.

How does Nasaleze PM Shield work?

Nasaleze PM Shield is a powder nasal spray. The cellulose powder turns to a gel in the nose which creates a barrier to trap, protect and defend against PM.

Nasaleze PM Shield contains an added lemon flavour which creates a nice clean and citric sensation in a polluted environment.

In an in vitro study* Nasaleze PM Shield showed diffusion resistance to PM2.5 sized particles for up to 6 hours. The link between pollution and allergic rhinitis is becoming increasingly known and it is important for good health to protect against pollution.

*To determine the efficacy of Nasaleze to act as a barrier to PM2.5 under in vitro experimental conditions



SPRAY → **TRAP & PROTECT** → **HELPS DEFEND AGAINST PM & POLLUTION**

Ingredients

- HPMC 95%
- Lemon powder 5%

Suitable for vegans



Scan for more information.
www.nasaleze.com

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How to use Nasaleze PM Shield

To defend against pollution, Nasaleze PM Shield needs to be applied 2 to 3 times per day. Nasaleze PM Shield should last 6 hours per application.



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 PM Shield 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 PM Shield is not adequately relieving your symptoms...

- Consult your physician about what other measures you could take to protect against pollution.
- Read the above guidance carefully and try Nasaleze PM Shield using the above 5 steps.

How to store Nasaleze PM Shield

- 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 18 months.
- Do not use this product if you are sensitive to cellulose and/or lemon.
- 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 PM Shield.
- 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 PM Shield. 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 PM Shield consult your physician.
- If concurrent use of another nasal spray is required, Nasaleze PM Shield 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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