



First DEFENCE

Fights cold germs before they can take hold.

Directions for use:

Please read this leaflet carefully before you start to use this product. If you are not sure about anything or have any questions please ask your pharmacist.

When should I use First Defence?

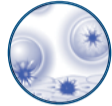
Start to use when at risk of catching a cold, or in the early stages before your cold has fully developed.

For best results continue to use for 2 days after symptoms subside.

How does First Defence work?



First Defence nasal spray gets to work in the area deep inside the nasal cavity where cold germs first take hold and multiply.



First Defence is a Micro-Gel nasal spray based on plant extracts. It works by trapping cold causing germs and helping your body to remove them naturally.

Check before use?

Check the ingredients listed below and do not use this product if you are sensitive to any of them.

See your doctor before using this product if:

- You are pregnant or breast feeding.
- You have nose, ear or throat sensitivities.
- You are susceptible to nose bleeds.

Directions for use

Before first usage, remove the protective cap from the nozzle, hold bottle upright and prime the pump (into a tissue) by depressing it firmly several times.

Adults and children (12 years & older):

Without tilting your head, insert the nozzle into your nostril, aiming the nozzle outwards in the direction of your ear. Then fully depress the pump 2 or 3 times with firm even strokes and avoid inhaling deeply. Repeat for other nostril.

Wipe nozzle clean after use and replace protective cap

After periods of storage of greater than 1 week, prime again before use

If the nozzle blocks, remove and rinse with cold water, then leave to stand for 10 minutes and prime again.

Not suitable for children under 12 years of age.

Allow 4 hours between applications, no more than 4 applications in 24 hours. For best results continue to use for 48 hours after symptoms subside. Use only as directed.

Do not use this container for more than one person; it may spread infection. For nasal use only.

While using First Defence:

When using First Defence it is normal to experience increased nasal discharge and a temporary stinging or smarting sensation. This is a sign that the product is working, is not harmful to health, and will not last for long. If the sensation persists stop using the product.

Consult your pharmacist or doctor if:

- After 7 days your cold is still present.
- Symptoms worsen or are accompanied by fever.

In the case of accidental contact with eyes, flush with water and seek medical advice straight away.

Storage of First Defence

Store upright. Do not store above 25°C.

Keep out of direct sunlight.

Do not use this product after the expiry date on the carton or bottle.

Keep out of reach of children.

You may want to read this leaflet again. Please keep the leaflet readily available until you have finished using this product.

Ingredients:

Aqua, Hydroxypropyl Methylcellulose (based on plant extracts), Succinic Acid, Disodium Succinate, PCA, Phenethyl alcohol, Zinc EDTA, Zinc Acetate, Polysorbate 80, Aroma: (Menthol, Camphor, Eucalyptol), Sodium Saccharin.

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15ml e

95727604 Nasal Spray for nasal irrigation

