



Sinuforce Nasal Spray



- ✓ NASAL CATARRH
- ✓ NASAL CONGESTION

Suitable for longer-term use*

Nasal spray

For relief of nasal catarrh, nasal congestion and a runny nose.

Relief for a blocked nose

An important function of the nose is to purify inhaled air. The nose has a moist mucous membrane and fine vibrating hairs called cilia. They clean around 10,000 litres of inhaled air a day and minimise the amount of inhaled bacteria. That is why it is important to breathe through your nose as much as possible.

A. Vogel Sinuforce Nasal Spray with menthol provides rapid relief from a blocked or congested nose. It

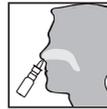
reduces swelling of the nasal mucous membrane, but leaves the natural protective function intact. The 100% natural ingredients soothe your nasal mucous membrane. If required, the nasal spray can be used over a prolonged period of up to 30 days.

Sinuforce Nasal Spray with menthol also contains peppermint oil and eucalyptus oil to ease breathing. Moreover, the chamomile oil has a soothing effect on your nose.

The unique bottle makes preservatives unnecessary.

Dose and use

Spray once or twice into each nostril 3 to 5 times daily.



Shake before use and remove cap. Keep the bottle upright when spraying.

What you should know before using Sinuforce Nasal Spray + menthol

Do not exceed the stated dose.

*May be used without interruption for a longer period, up to a maximum of 30 days.

Use during pregnancy or breastfeeding

Sinuforce Nasal Spray with menthol may be used as directed, during pregnancy or when breastfeeding.

Do not use in the case of

Hypersensitivity to any of the ingredients.

Combination with other products

In general, you can use this product together with other products. In case of doubt, it is advisable to consult your doctor or pharmacist.

Tolerability

At the recommended dose, the product is generally well tolerated.

Ingredients

Physiological saline solution (purified water, sodium chloride (NaCl), disodium hydrogen phosphate-12H₂O, sodium dihydrogen phosphate-2H₂O); sorbitol; PEG-40 hydrogenated castor oil; eucalyptus oil (*Eucalyptus globulus*); peppermint oil (*Mentha piperita*); chamomile oil (*Chamomilla recutita*).

Storage

Keep out of the reach and sight of children. Store below 25°C. Use within 12 weeks of opening.

Packaging

Sinuforce Nasal Spray + menthol is available in a 20ml pack.

Personal advice

We all know the building blocks for a healthy life: varied and wholesome food, responsible exercise and sufficient alternation between work and relaxation. Where possible, A.Vogel aids the body's ability to repair itself with natural products that have been developed according to the latest scientific insights.

For further details or personal advice go to www.avogel.co.uk, or call the A.Vogel Customer Helpline on 0845 608 5858 or send an e-mail message to enquiries@avogel.co.uk

Tips for clearer breathing through the nose

- Choose food that is rich in vitamins and minerals
- Vitamin C is especially important for extra resistance, as is sufficient rest, sleep and relaxation
- Use A.Vogel Echinaforce® to help fight colds and flu by strengthening the immune system
- Use steam inhalation to loosen mucus
- Avoid using too many dairy products as they promote mucus production. Products such as buttermilk, cream cheese and yoghurt are all right
- Avoid very cold drinks and eating heavy meals late in the evening.

Alfred Vogel, a globe-trotter fascinated by nature

Alfred Vogel travelled to Africa, Asia and America, where the indigenous people showed him the link between nutrition, lifestyle and health. He returned from each trip with a treasure trove of plants, which he processed to produce herbal remedies and natural health products. These products now help millions of

satisfied users worldwide to become healthy and stay healthy.

A. Vogel gardens: EKO label

We largely cultivate the plants for A.Vogel products in our own gardens. Naturally, we use organic methods (EKO label). This means that no artificial fertilisers and chemical pesticides are used. We harvest the plants when they have the highest concentration of active ingredients. They are then freshly processed to make natural A.Vogel products.

Care of the environment

A.Vogel strives to minimise the impact on the environment. As far as possible our packaging materials are produced using environmentally friendly methods. These can be incinerated without any harmful impact on the environment or they are suitable for recycling.

The text of these instructions for use was most recently revised on 19 May 2011.

Sinuforce Nasal Spray + menthol is a class I medical device according to Council Directive 93/42/EEC



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