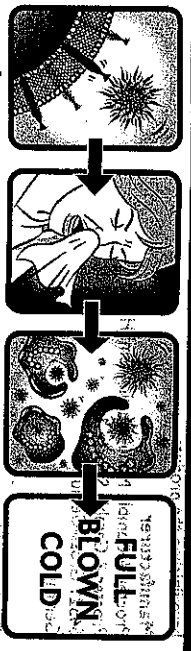




HELPS STOP A COLD IN ITS TRACKS

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

How does a cold develop?



- 1: Cold viruses attach to the cells at the back of the nose via surface receptors and start invading the cells.
- 2: The viruses multiply to such an extent that the body's immune response launches. You experience the first cold symptoms (such as a tickle at the back of the throat or sneezing).
- 3: The viruses continue to multiply and spread. The symptoms further develop.
- 4: The infection develops into a full blown cold, leaving you with all the bothersome symptoms.

How does First Defence nasal spray work?

When used at the first signs of a cold, First Defence nasal spray acts at the back of the nose directly where the cold virus takes hold and starts to develop (that's why it is a nasal spray). It traps, inactivates and helps your body naturally remove the cold viruses to reduce the risk of the initial infection developing into a full blown cold.



1. **TRAP**: The unique micro-gel formula traps the cold viruses that start to develop at the back of the nose and helps prevent them from developing and spreading.
2. **INACTIVATE**: The micro-gel reduces the pH of the nasal cavity and inactivates the viruses, reducing their ability to multiply and further infect you.
3. **REMOVE**: Then, it flushes the nose and stimulates natural secretion (one of the body's natural defences in the nose) to help naturally remove the inactivated virus (toward the stomach by blowing one's nose).

And it's clinically proven!

When used at the first signs of a cold, Vicks First Defence nasal spray has been clinically proven to help stop a cold in its tracks and not develop into a full-blown cold. It can also reduce symptom severity and duration.

Direction for use

Start to use as soon as feeling the first cold symptoms (eg a tickle at the back of the throat or sneezing), before the cold has fully developed. You can even start using it when feeling a tickle or catching a cold.

Adults and children (12 years & older): Apply 2-3 sprays per nostril up to 4 times a day. Allow 4 hours between applications, no more than 4 applications in 24 hours.

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

Use only as directed. **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 the other nostril.



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. Wipe nozzle clean after use and replace protective cap.

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

- **Not suitable for children under 12 years of age.**
- It is recommended that pregnant and breast-feeding women consult with their healthcare professional before use.
- Do not use this container for more than one person; it may spread infection.
- **For nasal use only.**

What to expect while using First Defence nasal spray

When using First Defence nasal spray, you may experience increased nasal discharge (runny nose) or temporary stinging. These are normal signs that the product is working. They are not harmful to your 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.

Check before use

- Check the ingredients listed below and do not use this product if you are sensitive to any of them, whenever you use it.
- See your doctor before using this product if you have nose, ear or throat sensitivities.
- Infection with a cold can also irritate the lining of your nose sometimes causing nose bleeding. Vicks First Defence nasal spray, like other nasal preparations, can irritate the lining of the nose which can result in nose bleeding. Such bleeding is rare, usually minor and of short duration. Should nose bleeding occur during a cold, avoid using Vicks First Defence nasal spray. If nose bleed occurs whilst using (or soon after using) the product, discontinue use. If nose bleed for any reason is heavy or persistent, consult your doctor.

For more information on any of these symptoms, visit our website at www.vicks.co.uk or call our customer service team on 0800 169 3140.



Other information

Ingredients

Aqua, Hydroxypropyl Methylcellulose, Succinic Acid, Disodium Succinate, PCA, Phenethyl Alcohol, Zinc Acetate, Polysorbate 80, Aroma: (Menthol, Camphor, Eucalyptol), Sodium Saccharin.

Storage of First Defence nasal spray

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.

If you want to reach this letter again, please keep it readily available until you have finished the product.

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vicks.co.uk

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Version 1, Date of issue: 09/2009

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99493273 Nasal Spray for nasal irrigation

