



### What is Nasaleze?

Nasaleze is a clinically proven, unique, natural nasal powder spray that delivers fast, effective protection against hayfever, and other airborne allergens that are inhaled through your nose. Nasaleze works with your body's own defence mechanism to strengthen your resistance to airborne allergens, Nasaleze acts as a natural barrier to airborne allergens, treating the cause not just the symptoms, whilst also having a pleasant minty aroma. Nasaleze is a unique blend of cellulose with peppermint and meets both the highest purity and safety standards, being a natural plant based extract.

### How does Nasaleze work?

Studies have shown that by naturally enhancing nasal mucus, it is possible to filter out airborne allergens so that only clean air reaches the lungs. Nasaleze works by forming a colourless, mucus-like gel lining in the nasal tract that acts as a filter for dust and germs.

### Who can use Nasaleze?

Nasaleze is suitable for adults, pregnant and breast feeding women and children under supervision. Keep out of the reach of young children. Nasaleze does not contain any drugs or medicines.

### Warnings:

Do not use if tamper evident seal is broken. Always replace the cap and store in a dry place. Once opened, use within 3 months.

If powder gets into your eye **rinse with water**.

Do not use in conjunction with other nasal sprays as this may reduce the effectiveness of the product.

For more information about Nasaleze visit [www.nasaleze.com](http://www.nasaleze.com)  
Manufactured by Nasaleze Ltd, Isle of Man, IM8 3DT, UK on behalf of Kisska International Ltd, East Morton, Keighley, BD20 5UE, UK for Cedar Health Ltd, Hazel Grove, Cheshire SK7 5BW



### Top Ten Tips on how to get the best out of Nasaleze!

Don't let airborne allergies get you down! Nasaleze is a simple product but there is a short learning curve to getting the best out of it. Use our short guide below to see how you could significantly reduce your suffering and get on with enjoying yourself!

### How to use Nasaleze

Before every application always shake the bottle.

1. Squeeze the bottle away from yourself. Test the pressure needed to administer an ideal dose, which is approximately a two inch plume of powder.
2. Gently blow your nose.
3. Breathe out.
4. Place a finger over one nostril to close it.
5. Place the Nasaleze bottle nozzle in the opposite nostril
6. Slowly but firmly push the sides of the bottle together to deliver one "puff" of Nasaleze powder while inhaling gently.
7. Wait two seconds and then *gently* inhale to enable the Nasaleze powder to penetrate into the nasal passages. Repeat steps 3 – 7 on the other nostril.
8. Use as often as required! Nasaleze is natural and contains no active ingredients. The key to getting the best out of Nasaleze is to make sure you maintain a constant layer of powder across the inner lining of your nose. Doing this creates the barrier between the aggravating allergen and sensitive membrane - thus the body's natural defence system does not release histamine avoiding the typical suffering of runny nose and itchy eyes.
9. Take Nasaleze **before** entering an environment containing airborne allergens eg. crowded places, aeroplanes, going out to the garden or doing the dusting.
10. Remember to reapply each time you blow your nose.

