Instructions for use

**COLDAMARIS flu Nasal Spray**

Low air humidity can cause dry nasal mucosa. However, the nose can only fulfil its filtering function if the nasal mucosa is sufficiently moistened. COLDAMARIS flu forms a film of moisture on the nasal mucosa. This film serves as a physical barrier against external influences without impairing the function of the ciliated epithelium.

Particularly the nose is the major path of infection for cold viruses. After entering the nose viruses colonise the mucosa and start to spread all over the body resulting in typical cold symptoms like running or blocked nose, sore throat, headache, cough etc.

COLDAMARIS flu prevents spreading and proliferation of viruses (e.g. rhinovirus, coronavirus, Influenza A virus).

**What is COLDAMARIS flu?**

COLDAMARIS flu Nasal Spray moistens the nasal mucosa and fights viral infections. It can be used by adults and children from 1 year onward.

- helps to maintain the physiological moisture and thus supports the natural defence of the body against viruses and bacteria through the body’s own processes.
- prevents spreading and proliferation of viruses (e.g. rhinovirus, coronavirus, Influenza A virus).

**What does COLDAMARIS flu contain?**

COLDAMARIS flu Nasal Spray is a transparent, colourless, viscous, odourless solution.

1 ml of the solution contains 1.6 mg Carrageenan; 1.2 mg iota-Carrageenan (Carragelose®) and 0.4 mg kappa-Carrageenan.

Carragelose® is a marine substance derived from red algae.

COLDAMARIS flu contains no preservatives. A sterile filter ensures the sterility of the solution even after repeated use.

**Therapeutic indications – what is COLDAMARIS flu used for?**

- For prevention and treatment of viral infections of the respiratory tract. When used adequately and at the right time, COLDAMARIS flu can protect against colds and viral infections (e.g. rhinovirus, coronavirus, Influenza A virus).
- For preventive and sustained moistening in case of dry or irritated nasal mucosa (e.g. acute rhinitis, acute catarrhal sinusitis, Sicca syndrome or encrustation of nasal mucosa).

**Dosage and Method of administration**

**In what way and how frequently is COLDAMARIS flu used?**

For daily use and to prevent a cold or other viral infections of the respiratory tract, spray one puff 3 times daily into each nostril.

At the first signs of a cold or in case of an acute infection, spray several times daily several puffs into each nostril (overdosage is not possible).

Spray one or more puffs into each nostril. Carefully insert the nozzle into each nostril. After use, please put the protection cap back on the nozzle.

**When should COLDAMARIS flu not be used?**

In case of known hypersensitivity to any component of the product. At present neither side effects nor interactions with other products are known.

**Special precautions for safe use**

COLDAMARIS flu is safe and can therefore be used for a long period of time if necessary. It may safely be used during pregnancy and lactation.

COLDAMARIS flu is not a medicinal product! In case of persistent symptoms you must consult a doctor.

For hygienic reasons and to avoid transmission of pathogens, one spray bottle should be used by one and the same person only.

Keep out of reach of children!

**Package size:**

Bottle containing 20 ml; 1 spray dose = 0.14 ml solution

**Shelf-life:**

36 months

Because of the special filter system the solution remains sterile even after repeated use. Therefore, COLDAMARIS flu can be used until the date of expiry mentioned on the package.

**Manufacturer:**

MoNo chem-pharm Produkte GmbH, Leystr. 129, A-1200 Vienna