

# Sterimar Congestion Relief



**Category**  
Cough, Colds and Sore  
Throat  
**Manufacturer**  
CHURCH & DWIGHT UK  
LTD  
**Pack size**  
50ml, 100ml  
**RRP**  
£4.99, £7.99  
**Legal Status**  
MD, MD



## Uses

Helps to rapidly decongest the nose in the event of colds and sinusitis by washing out nasal cavities. Washes away thick mucus.



## Format and Ingredients

Nasal spray containing:  
  
100% natural sea water based solution (hypertonic solution enriched with copper),



## Dosage

Adults and children from 3 years: prime the spray by briefly pressing the nozzle. From the onset of colds and sinusitis: Keep the head straight and put the nozzle in the nostril, spraying once or twice into each nostril. Let any excess solution flow out and then blow the nose. For a deeper cleansing of the nasal cavities and blocked noses: Keep the head tilted to one side and put the nozzle in the upper nostril, spraying once or twice for 2-3 seconds. Let any excess solution flow out and then blow the nose. Use 2-6 times a day until the nose is no longer blocked or as long as recommended. Suitable for pregnant and breastfeeding women.