

Uses:

Temporarily relieves symptoms associated with sinusitis, colds, flu or allergies, including nasal stuffiness, sneezing, runny nose and post-nasal drip. Removes inhaled irritants (e.g. dust, pollen, smoke). Promotes nasal and sinus drainage. Helps reduce swelling of nasal membranes.

Dosage:

Adults and children age 4 years and older may use 1-2 packets of dry ingredients administered as described below as often as every 2 hours. Children under age 4 should consult a health care professional before use.

Directions:

Read through entire section before using for the first time.

1. Remove the cap from the SinuCleanse® Squeeze bottle.
2. Pour the pre-mixed SinuCleanse® saline dry ingredients into the bottle. First-time users should start with 1 packet of the SinuCleanse® saline dry ingredients. As you become more accustomed to the system, work up to using 2 full packets. **Additional packets may be purchased from your SinuCleanse® retailer or pharmacist, by emailing info@hspsa.com, or at www.hspsa.com**
3. Fill the bottle with lukewarm water. Leave approximately 1/2" between the water line and the top of the bottle.
4. Tighten the cap on the bottle securely, place one finger over the tip of the cap and gently shake the bottle until the dry ingredients have completely dissolved.
5. Lean over the sink with your head bent down so you are looking directly into the basin. Place the tip of the cap up to the right nostril and gently insert the tip so that it forms a comfortable seal. Aim the tip at the back of your head, not at the top of your head.
6. Squeeze the bottle gently so that the solution enters the right nostril. Do not inhale or "snort" the solution into the nose – breathe through your mouth.
7. In a few moments the solution will begin to drain out of the left nostril. Continue to squeeze the bottle gently until you have used approximately half of the solution.
8. Remove the tip of the bottle from your nostril, then exhale through both nostrils to clear them of excess mucus and solution. Gently blow your nose into a tissue.
9. Repeat the procedure on the left nostril with the remaining solution.
10. A small amount of solution will remain at the bottom of the bottle. Discard the remaining solution.
11. Thoroughly clean the bottle after each use. The SinuCleanse® Squeeze bottle is top-rack dishwasher safe. Do not replace the cap until completely dry.



What is the SinuCleanse® System?

The SinuCleanse® system was developed by Diane Heatley, M.D., a leading ear, nose and throat physician. It is an all-natural, scientifically-proven, effective method for relieving sinus congestion and soothing irritated nasal passages. It gently washes away mucus buildup from the nose and improves nasal breathing.



Because it is drug-free, the SinuCleanse® system can be used as often as needed. Some people use it as routinely as they brush their teeth while others use it only on days when they need it.

The SinuCleanse® system is available as both a neti pot and a squeeze bottle. Just choose the system that is most comfortable for you and begin to breathe freely – *instantly!*

Instant Relief
From Allergies & Sinus Symptoms



SinuCleanse®
THE FIRST WORD IN SINUS RELIEF®

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Dosage:

Adults and children age 4 years and older may use 1-2 packets of dry ingredients administered as described below as often as every 2 hours. Children under age 4 should consult a health care professional before use.

Directions:

Read through entire section before using for the first time.

1. Empty the contents of one SinuCleanse® saline dry ingredients packet into the SinuCleanse® pot. First-time users should start with 1/2 packet of the SinuCleanse® dry ingredients. As you become more accustomed to the system, work up to using 1 full packet.
2. Fill pot to the top of the SinuCleanse® logo with lukewarm water. This makes 1/2 cup (4 oz.) of solution. **Additional packets may be purchased from your SinuCleanse® retailer or pharmacist, by emailing info@hspsa.com, or at www.hspsa.com**
3. Stir thoroughly until dry ingredients have completely dissolved.

4. Proper head position allows solution to flow through the nose by gravity.

- Lean over the sink with your head bent down so you are looking directly into the basin. Holding the pot in your right hand, gently insert the spout into your right nostril so that it forms a comfortable seal (*Figure 1*).
- Breathe with your mouth open. Rotate your head so that the right nostril is directly above the left (*Figure 2*). The forehead should remain higher than the chin. Raise the handle of the pot so that the solution enters the right nostril. In a few moments, the solution will begin to drain out the left nostril into the sink. Do not inhale or "snort" solution into the nose – breathe through your mouth.

5. When the pot is empty, exhale through both nostrils to clear them of excess mucus and solution. Gently blow your nose into a tissue.
6. Repeat the procedure on the other side.
7. Thoroughly clean the pot after each use. The SinuCleanse® Neti Pot is top-rack dishwasher safe.



Figure 1



Figure 2

- Begin using the SinuCleanse® system slowly – especially with children. A full pot or bottle of solution on each side is not necessary to receive the full benefit.
- If the solution is too warm or too cold, the nasal wash will be uncomfortable. It is recommended that you use lukewarm water – the solution entering the nostril should feel the same temperature as the body.
- If stinging or irritation occurs, try using 1/2 of a packet of dry ingredients per pot or 1 packet per bottle. Gradually work up to using the solution at full strength. Do not use less than 1/2 of a packet per pot or 1 packet per bottle.
- If you experience ear discomfort after use, try to blow your nose more gently after the wash. If the problem persists, the openings of your Eustachian tubes may be particularly wide and use of the SinuCleanse® system may need to be discontinued.
- Breathe continuously through the mouth when using the SinuCleanse® system to avoid solution draining from the back of the nose into the mouth.
- Some people experience irritation of the skin just inside the nostrils with repeated nasal washing. Applying a thin layer of petroleum jelly to the inside of the nostrils before or after the nasal wash will be soothing.

Note: If using the SinuCleanse® saline dry ingredient packets with a device other than the SinuCleanse® System, follow the manufacturer's instructions for the other device.

Questions or comments:

info@hspsa.com or visit www.hspsa.com

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