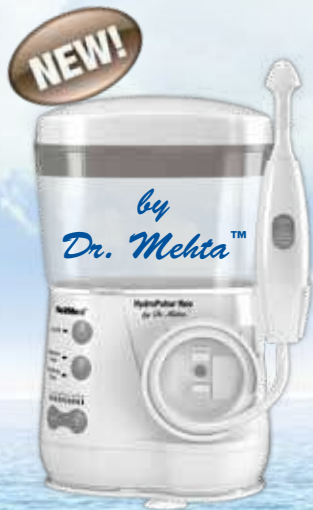


NeilMed®

ALL NATURAL



HydroPulse® Neo

NASAFLO®

SINUS RINSE™

Natural Relief from Allergies and Sinus Symptoms Has Never Been Easier

written by **Ketan C. Mehta, M.D.**, NeilMed® Brand Developer and Founder

Version En Español Disponible Para El Que La Pida • Brochure En Français Disponible Sur Demande

INTRODUCTION

Nasal irrigation is a personal hygiene practice used for thousands of years in my native India. When I moved to the United States in 1981 to further my medical training, I had no idea I would find my future in this ancient tradition.

I am a practicing physician who specializes in pulmonary and critical care medicine in Santa Rosa, California. In my practice, I have relied mostly on the constantly evolving Western medical technologies. However, after suffering from chronic sinus disease and trying a range of treatments to control my symptoms—including corrective surgery—I discovered that the most effective therapy was the ancient practice of nasal irrigation.

In my practice, I began prescribing this simple treatment to my patients. I believed that routine saline nasal rinsing would significantly reduce and may cure their symptoms. A large number of patients did improve after trying nasal irrigation. However, they returned with the same symptoms when they stopped doing nasal rinses on a daily basis. I realized the important need for a product that would be easy to use for daily nasal rinse.

In January 2000, I formed **NeilMed**® Pharmaceuticals and began marketing the **SINUS RINSE**™ kit. This effective and soothing large volume nasal rinse system incorporates years of medical knowledge and the invaluable suggestions of medical colleagues and patients. Due to the product's effectiveness and widespread acceptance by doctors, **NeilMed**® **SINUS RINSE**® is now the #1 physician recommended nasal irrigation system in the United States and Canada. It is also widely available in Australia, New Zealand, United Kingdom, Ireland, Singapore, Malaysia, Taiwan, Chile, Japan, Greece, Mexico, Hong Kong, Colombia,



Ketan C. Mehta, M.D.
CEO & Founder

Costa Rica, Sweden, Panama, Germany and a growing number of other European and Asian countries.

Today **NeilMed**® Pharmaceuticals offers a full line of nasal irrigation and health products designed to help children and adults breathe more freely and comfortably through their nose. This educational brochure provides you with directions for the proper use of our products as well as extensive information about nasal and sinus health. Should you have any further questions or comments, please contact us through our website or by calling us directly. We are here to serve you and welcome your thoughts or concerns.

Sincerely,

Ketan C. Mehta, M.D., CEO & Founder

Diplomate, Certified by the American Boards of Internal Medicine & Pulmonary Disease, Santa Rosa, California

NeilMed® QUALITY POLICY AND GUARANTEE

NeilMed® is the #1 brand in North America for large volume saline nasal irrigation devices. Our goal is to ensure the highest possible quality, safety, effectiveness, and ease of use for our devices at an affordable price.

We are highly committed to meeting applicable regulatory, customer and quality standards and achieving increasing levels of customer satisfaction.

NeilMed® prides itself on quality product and values customer satisfaction. Our policy is to provide a full money-back guarantee within 120 days if you are unsatisfied for any reason. Today we support medical research at several university medical centers and charitable causes with equal passion. I assure you that you will be very satisfied with the **NeilMed**® brand of products and the **NeilMed**® way of customer service.



Nina Mehta
President & Co-founder

PHYSICIAN AND CUSTOMER TESTIMONIALS

"I have prescribed **NeilMed® SINUS RINSE®** for all of my patients that suffer from chronic nasal and sinus problems. The squeeze bottle provides a large volume of buffered saline solution, which is easy to deliver to the nose and thoroughly cleans the nasal passages, providing substantial therapeutic as well as preventive benefit."

Joseph Jacobs, M.D., Director of Rhinology and Vice-Chair of Otolaryngology, NYU, New York, USA

"Patient Management: Consider nasal douching as an additional maintenance therapy for rhinitis and sinusitis patients. There is an excellent OTC product called **NeilMed® SINUS RINSE®**, no more than salt and sodium bicarbonate granules that dissolve in 240 mL of water and is squirted up each nostril in turn to cleanse and refresh the usually swollen, irritable mucosa. This product is a real winner for those patients unwilling to continue standard therapy because of steroid-phobia. As I explain to patients, **NeilMed® SINUS RINSE®** can do no harm (when used correctly), is available without prescription and has toll-free numbers to call for advice about the rinse and its use. As a nasal douche, its ability to reach the upper nostrils by far makes it superior to rival products."

Dr. Paul Carson, M.D., (Allergist), Dublin, Ireland

"**NeilMed's** product range brings modern sophistication to familiar, well-established remedies for nasal and sinus problems. Although the concepts of nasal irrigation and sinus rinsing are not new, the unique applicators make the therapy more acceptable, easier to perform, and therefore more likely to succeed. I personally use **NeilMed® SINUS RINSE®** and have derived great benefit from it. I can recommend it strongly for the indications listed."

Dr. Frans J Cronje, MBChB, MSc, Diving & Aviation Medicine Specialist

"As a professional scuba diver, I have been using **SINUS RINSE™** for several years with amazing results. The sinus problems and congestion I have long suffered have been greatly reduced. I openly endorse and recommend **SINUS RINSE™** for all divers."

Martha Watkins Gilkes, Past President, Women Divers Hall of Fame

"I just wanted to thank you and to tell how great your product is, and how much it has helped me. I have major sinus problems, going for my 8th surgery and without **NeilMed®** products I think I'd be dead. I use it at least twice a day, sometimes 3 or 4 times."

Judy Cruse, USA

"Nasal irrigation with **NeilMed® SINUS RINSE®** system has been very helpful to our rhinitis and rhinosinusitis patients. Everyone in our practice agrees that nasal irrigation is a practical and useful adjunct to the treatment of nasal and sinus disease."

Michael Kaliner, M.D., President, World Allergy Organization 2005-2007 Clinical Professor of Medicine, George Washington University Medical Center, Washington, DC

All testimonials have been provided as a courtesy without any financial compensation.

Join us on one or all of the following pages and be amongst the first batch to receive rebates, free bates, promotions and scientific information on nasal and sinus care and new products.

www.neilmed.com/rebate



facebook.com/NeilMedNetiPot
facebook.com/SinusRinse



twitter.com/NeilMed

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The following are general Warnings for use of
**NeilMed® Sinus Rinse®, NasaFlo® Neti Pot, Sinugator®,
 SinuFlo® ReadyRinse® and NasaMist® with Dr. Mehta's LVLP Tip™.**

- Always read the label. Use only as directed. If symptoms persist, see your doctor or healthcare professional.
- Recent medical research recommends following the cleaning protocol for the Sinus Rinse® bottle and NasaFlo® Neti Pot after every use and replacing the device after 3 months.
- Always rinse your nasal passages with **NeilMed® SINUS RINSE®** packets only. Our packets contain a mixture of USP grade sodium chloride and sodium bicarbonate. These ingredients are of the purest quality available to make the dry powder mixture. Rinsing your nasal passages with only plain water without our mixture will result in a burning sensation as the plain water is not physiologic for your nasal lining, even if it is appropriate for drinking.
- Additionally, for your safety, do not use tap or faucet water for dissolving the mixture unless it has been previously boiled for five minutes or more, and then cooled to lukewarm or body temperature, as boiling sterilizes the water. Other choices are distilled, micro-filtered (through 0.2 micron), reverse osmosis filtered, or commercially bottled water. You can store boiled water in a clean container for seven days if refrigerated. Do not use non-chlorinated or non-ultra (0.2 micron) filtered well water unless it is boiled and then cooled to lukewarm or body temperature.
- Do not rinse if your nasal passages are completely blocked or if you have an ear infection or blocked ears.
- If you have had recent ear or sinus surgery, contact your physician prior to irrigation.
- If you experience any pressure in the ears or burning in the nasal passages, stop irrigation and get further directions from your physician.
- Keep out of reach of children.
- Read and retain this enclosed brochure for instructions and other important information.
- We recommend that you use the rinse ONE HOUR PRIOR to bedtime in order to avoid any residual solution dripping down the throat.
- Patients who are unable to stand up or bend near the sink SHOULD NOT use this product.
- We strongly advise against the use of our kit on children or adults who are bed bound or have physical limitations or mental disabilities. Users must be physically and mentally capable of understanding the directions and safely following them. Adults should read the directions first before using it on their children.
- Do not swallow the solution; however, if you do so accidentally, there is no harm as the amount of sodium ingested in one swallow is insignificant.
- Note: No packets necessary if using SinuFlo® ReadyRinse® as the solution is already supplied for you.

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Tips To Avoid Ear Discomfort While Rinsing:

- If you have had ear surgery, please contact your physician prior to irrigation.
- Do not use if you have an ear infection or blocked ears.
- Rinse with lukewarm distilled, filtered or previously boiled water.

- Keep your mouth open while rinsing.
- Do not hold your breath while rinsing.
- While rinsing, make sure to tilt your head down.
- Gently squeeze the bottle while rinsing; do not squeeze the bottle forcefully.
- Stop the rinse if you feel a sensation of fluid near your ears.
- Most importantly, always blow your nose very gently.

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To Avoid Unexpected Drainage After Rinsing:

In rare situations, especially if you have had sinus surgery, the saline solution can pool in the sinus cavities and nasal passages and then drip from your nostrils hours after rinsing. To avoid this harmless but annoying inconvenience, take one extra step after rinsing: lean forward, tilt your head sideways and gently blow your nose. Then, tilt your head to the other side and blow again. You may need to repeat this several times. This will help rid your nasal passages of any excess mucus and remaining saline solution. If you find yourself experiencing delayed drainage often, do not rinse right before leaving your house or going to bed.

SINUS RINSE™ FEATURES

- The **NeilMed® SINUS RINSE®** system is a large volume nasal rinse that will deliver 120 mL (4 fl oz) to 240 mL (8 fl oz) of saline solution into the nasal passages. Adding one blue packet of **NeilMed® SINUS RINSE®** to 240 mL (8 fl oz) of water will make an isotonic saline solution (hypertonic with 2 or more blue packets) that is pH balanced and preservative free.
- Natural relief of allergy, sinus and cold symptoms.
- Soothing, non-burning and non-stinging nasal irrigation.
- Large-volume and low-pressure irrigation system for extremely effective removal of mucus and other nasal irritants.
- Great for daily nasal moisturizing and hygiene.
- Each product comes with premixed packets (sachets) of USP grade sodium chloride and sodium bicarbonate (natural ingredients with a purity level 99% or higher)
- **NeilMed®** packets are free of preservatives, iodine, gluten, BPA and latex; are pH balanced; and can be used for an isotonic or hypertonic rinse
- Our single piece cap is custom-designed to fit any nasal opening.
- Cleaning is made easy by not using any push and pull caps.
- **SINUS RINSE™** squeeze bottle is designed to be easy to squeeze while providing a smooth, steady stream of the solution while rinsing.
- The bottle empties nearly 95% of its solution while you irrigate when standing in an upright position.
- An excellent nasal cleansing method to use prior to spraying nasal corticosteroids.
- Strongly recommended by physicians for use after sinus surgery and for patients using CPAP for sleep apnea.
- All natural product suitable for use during pregnancy.
- Portable for travel.
- Full money-back guarantee for customers who return the product within 90 days after the date of purchase.

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NeilMed®
 PHARMACEUTICALS, INC.

Visit our website, Twitter page, and Facebook page to receive promotions and educational information. →

Instructions for Cleaning and Disinfecting Devices

It is very important to keep these devices clean and free from any contamination.

Replace the bottle or Neti Pot every 3 months

NeilMed® SINUS RINSE® Squeeze Bottle: Please perform routine inspections of the bottle and tube for any discolorations and cracks. If there are any visual signs of deterioration or permanent color changes, please clean thoroughly. If the discolorations remain after cleansing, discard the items and purchase new ones. **Please follow these instructions after each use of the product. Be sure to replace your product after three months.**

Step 1: Rinse the cap, tube and bottle using running water.

Fill the bottle with distilled, micro-filtered (through 0.2 micron), reverse osmosis filtered, commercially bottled or previously boiled and cooled down water at lukewarm or body temperature.

Step 2: Add a few drops of dish washing liquid or baby shampoo.

Step 3: Attach the cap and tube to the bottle; hold your finger over the opening in the cap and shake the bottle vigorously.

Step 4: Squeeze the bottle hard to allow the soapy solution to clean the interior of the tube and the cap. Empty out the bottle completely.

Step 5: Rinse the soap from the bottle, cap and tube thoroughly and place the items on a clean paper towel to dry or use the preferred NasaDOCK® or NasaDOCK® plus.

The **NasaDOCK®** is a simple, hygienic way to dry and store the **SINUS RINSE™** bottle, cap and tube. **NasaDOCK®** comes with various hanging options and is available in different colors. Our newest model also offers storage for our **SINUS RINSE™** mixture packets. We strongly suggest using **NasaDOCK®** as an inexpensive, easy way to dry the cap, tube and **SINUS RINSE™** bottle.

Dishwasher Cleaning: Do not use a dishwasher to clean the inside of a bottle. While our bottle is dishwasher safe, a dishwasher will not adequately clean the **SINUS RINSE™** bottle. The water jets in dishwashers cannot enter the narrow neck of the bottle, and portions of the bottle's interior will not be cleaned thoroughly. Additional methods of cleaning the bottle include the use of isopropyl alcohol (70% concentration), followed by scrubbing and rinsing as described above.



Microwave Disinfection: Clean the device with soap and water as mentioned above and shake off the excess water. Now place the bottle, cap and tube in the microwave for 60 seconds if using a microwave with a power of 800 watts or less. If wattage is higher than 800 watts, please reduce the time to 40 seconds. This will disinfect the bottle, cap and tube as recommended by **NeilMed®** as well as published in medical research journals. If the microwave has been used recently, please make sure that the inside of the microwave has cooled back down to room temperature before using to disinfect the bottle. Previously heated microwaves will produce much more energy.



NeilMed® NASAFLO® Users: Use the same procedures as above. Sinugator® Cleaning Directions:

Clean the **Sinugator®** by running plain water and dry with a clean lint free towel and then air dry the unit by keeping it open to the air. The nasal irrigator tip, blue reservoir and white soft tube can be disinfected by cleaning with soap and water and shaking off the excess water before placing in the home microwave for 60 seconds. Clean the entire unit with a few drops of dishwashing liquid and water every three days to keep the unit clean. As a final rinse to wash off any residual soap or tap water, use either distilled, micro-filtered (through 0.2 micron filter), reverse osmosis filtered, commercially bottled or previously boiled and cooled down water. Please make sure to rinse thoroughly during each wash so no soap is left behind.

Do NOT place the white motor unit in microwave for disinfection. Because of the unit's stainless steel components, this can cause damage or fire hazards.

General Principles of Maintenance and Storage: When permissible, use a microwave periodically to disinfect devices.

Always store NeilMed® products in a cool and dry place with adequate ventilation. NasaDOCK® or

NasaDOCK® plus offer a simple hygienic way to air dry and neatly store the bottle, cap, tube and NasaFlo.

Do not store the bottle with the cap screwed on, unless both are dry. **Do not** store the wet parts in a sealed plastic bag. If you travel before they are dry, wrap parts separately in paper towels. Hand soap or shampoo can be used for cleaning parts while away from home.





DIRECTIONS FOR SINUS RINSE™ AND SINUFLO® READYRINSE®



Please read Warnings on page 4 before using the product.
Replace the bottle every 3 months.

Step 1: Please wash your hands. Fill the clean bottle with the designated volume of **distilled, micro-filtered** (through 0.2 micron filter), **reverse osmosis filtered, commercially bottled, or previously boiled and cooled down water.**

You may warm the water in a microwave in increments of 5 to 10 seconds to avoid overheating the water, damaging the device or scalding your nasal passage.

Step 2: Cut the **SINUS RINSE™** mixture packet at the corner and pour its contents into the bottle. Tighten the cap and tube on the bottle securely. Place one finger over the tip of the cap and shake the bottle gently to dissolve the mixture. Always rinse your nasal passages with **NeilMed® SINUS RINSE®** packets only.

Step 3: Standing in front of a sink, bend forward to your comfort level and tilt your head down. Keeping your mouth open, without holding your breath, place the cap snugly against your nasal passage. **SQUEEZE BOTTLE GENTLY** until the solution starts draining from the **OPPOSITE** nasal passage. Some may drain from your mouth. For a proper rinse, keep squeezing the bottle **GENTLY** until at least 1/4 to 1/2 (60 mL to 120 mL or 2 to 4 fl oz) of the bottle is used. Do not swallow the solution.

Step 4: Blow your nose very gently, without pinching nose completely to avoid pressure on eardrums. If tolerable, sniff in gently any residual solution remaining in the nasal passage once



or twice, because this may clean out the posterior nasopharyngeal area, which is the area at the back of your nasal passage. At times, some solution will reach the back of your throat, so please spit it out. To help drain any residual solution, blow your nose gently while tilting your head forward and to the opposite side of the nasal passage you just rinsed.

Step 5: Now repeat steps 3 and 4 for your other nasal passage. **Most users find that rinsing twice a day is beneficial, similar to brushing your teeth. Many doctors recommend rinsing 3-4 times daily or for special circumstances, even rinsing up to 6 times a day is safe. Please follow your physician's advice.**

Step 6: Clean the bottle and cap (see directions on page 5). Air dry the **SINUS RINSE™** bottle, cap, and tube on a clean paper towel, a lint free towel, or use **NeilMed® NasaDOCK®** or **NasaDOCK® plus** (sold separately) to store the bottle, cap and tube.



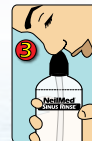
DIRECTIONS FOR SINUFLO® READYRINSE®

Step 1: If using premixed **SINUFLO®**, remove the cap and safety seal from the bottle. Warm the solution, as in Step 1 above.

Step 2: Tighten the cap and tube on the bottle securely.

Step 3: Follow steps 3 to 6 above. If there is any solution left over, please discard. We recommend you make a fresh solution each time you rinse. Rinse once or twice daily, or as directed by your physician. To receive your refund, please call the nearest regional office located on page 30 and provide purchase receipt and reason for return.

SINUFLO® READYRINSE® is a reusable bottle that should be replaced every 3 months.



DIRECTIONS FOR SinuGator® Cordless Pulsating Nasal Wash

Please read Warnings on page 4 before using the product.

SinuGator® Cordless Pulsating Nasal Wash

The NeilMed® SinuGator® Cordless Pulsating Nasal Wash™ is an easy to use system that allows you to deliver saline solution with positive and pulsatile pressure to clean the nasal passages thoroughly. The new dual motor model allows users to choose from high or low speeds of pulsatile irrigation to better suit their needs and preferences.

Step 1: Please wash your hands. Fill the clear blue reservoir with 240 mL (8 fl oz) volume of distilled, micro-filtered (through 0.2 micron), reverse osmosis filtered, commercially bottled, or previously boiled and cooled down water. You can store boiled water in a clean container for seven days if refrigerated. Do not use non-chlorinated or non-ultra (0.2 micron) filtered well water unless it is boiled and then cooled to lukewarm or body temperature.

For your comfort, you may warm the water in a microwave in increments of 5 to 10 seconds to avoid overheating the water, damaging the device or scalding your nasal passage.

Step 2: Cut the SINUS RINSE™ mixture packet at the corner and pour its contents into the blue reservoir of the SinuGator®. Place the white motor unit over the blue reservoir and rotate until locked. Swirl the unit thoroughly to dissolve the mixture. Always rinse

your nasal passages with NeilMed® SINUS RINSE® packets only.

Step 3: Standing in front of a sink, bend forward to your comfort level and tilt your head down. Keeping your mouth open, without holding your breath, place the tip snugly against your right nasal passage or nostril. Press the blue power button until the solution starts draining from your left nasal passage. If using the two speed model, we suggest that you begin with the low pressure and increase to the higher pressure if needed. Depending on your head position, residual solution may drain from your mouth. We suggest to spit it out, however, there is no harm if the solution is accidentally swallowed. For a proper rinse, keep pressing the power button until at least 1/4 to 1/2 (60 mL to 120 mL or 2 to 4 fl oz) of the solution is used for one nostril. Stop pressing the power button if you feel any discomfort, pain or pressure during the irrigation.

Step 4: Blow your nose very gently, without pinching your nose completely to avoid pressure on your eardrums. If tolerable, sniff in gently any residual solution remaining in the nasal passage once or twice, because this may clean out the posterior nasopharyngeal area, which is the area at the back of your nasal passage.

Step 5: Now repeat steps 3 and 4 for flushing your left nasal passage or nostril.

SinuGator®: Cleaning Directions: Please refer to page 5.



WARNING

Do NOT place the white motor unit in microwave for disinfection. Because of the unit's stainless steel components, this can cause damage or fire hazards.



DIRECTIONS FOR NASAFL[®] NETI POT

Please read Warnings on page 4 before using the product.

IMPORTANT: NeilMed[®] SINUS RINSE[®] Mixture Packets should be used with NeilMed[®] 240 mL (8 fl oz) NASAFL[®] to achieve the best results. You may use NeilMed[®] packets with other irrigation devices, as long as you mix with the correct volume of water.

Replace Neti Pot every 3 months.

Step 1: Please wash your hands and rinse the device. Fill the **NASAFL[®]** with 240 mL (8 fl oz) of micro-filtered (through 0.2 micron), reverse osmosis filtered, commercially bottled, or previously boiled and cooled down water. You can store boiled water in a clean container for seven days if refrigerated. Do not use non-chlorinated or non-ultra (0.2 micron) filtered

well water unless it is boiled and then cooled to lukewarm or body temperature.

You may warm the water in a microwave, but we recommend that you warm it in increments of 5 to 10 seconds to avoid overheating, damaging the device or scalding your nasal passage.

Step 2: Cut the **SINUS RINSE[™]** mixture packet at the corner and pour contents into the pot. Tighten the lid on the device securely. Place one finger over the hole in the cap and shake the device gently to dissolve the mixture. Always rinse your nasal passages with **NeilMed[®] SINUS RINSE[®]** packets only.

Step 3: Standing in front of a sink, bend forward to your comfort level and tilt your head to the left. Keeping your mouth open, and without holding your breath, apply the tip of the device snugly against your right nasal passage

and **ALLOW THE SOLUTION TO GENTLY FLOW** until the solution starts draining from the opposite nasal passage. Use roughly half the solution in the **NASAFL[®]** (120 mL / 4 fl oz).

It should not enter your mouth unless you are tilting your head backwards. To adjust or stop the flow, you may place your finger over the hole of the cap, and depending on the seal, you may be able to control the flow.

Step 4: Blow your nose very gently, without pinching nose completely to avoid pressure on eardrums. If tolerable, sniff in gently any residual solution remaining in the nasal passage once or twice, because this may clean out the posterior nasopharyngeal area, which is the area at the back of your nasal passage. At times, some solution will reach the back of your throat, so please spit it out. To help drain any residual solution, blow your nose gently while tilting your head forward and to the right side (helps empty left maxillary sinus).

Step 5: Now repeat steps 3 and 4 on your opposite or left nasal passage by tilting your head to the right during irrigation and tilting to the left side for emptying out the maxillary sinus.

If there is any solution left over, please discard. We recommend you make a fresh solution each time you rinse. Rinse once or twice daily OR as directed by your physician.

NASAFL[®]: Cleaning Directions:
Please refer to page 5.

If you have any questions, please see page 31 to find the nearest regional office to call or visit our website.

Introducing SQUEEZIE[®]

SQUEEZIE[®]:

Directions, Cleaning and Disinfecting similar to **SINUS RINSE[™]** and **NASAFL[®] Neti Pot.**



DIRECTIONS FOR NasaMist® All-in-One

Please read Warnings on page 4 section 2 and 3 before using the product

Contains 3 Specially Designed Nozzles

Ultra Gentle Mist Tip for Nasal Moisturization: This tip can be used for ages 1 and up for moisturizing and soothing dry nasal passages. Insert the Ultra Gentle Mist tip (no more than flange level) into nostril and press until adequate solution is sprayed.



Medium Tip: This tip can be used for ages 5 and up. This tip will deliver a medium volume jet that can reach deeper into the nasal passages but not into the sinuses.



Warning For Dr. Mehta's LVLP Rinse Tip™ for Nasal and Sinus Rinse: This tip can be used for ages 5 and up.

This tip can deliver solution into the entire nasal passages as well as some of the sinuses. Apply the special conical lavage tip and follow the instructions in the next paragraph.



Special Instructions for Large Volume Rinse: Stand in front of a sink, bend forward to comfort level and tilt your head down. Keep your mouth open and,

Ultra Gentle Mist Tip



for ages 1 & up

Medium Stream Tip



for ages 5 & up

Dr. Mehta's Patented LVLP Rinse Tip™



for ages 5 & up

without holding your breath, place the tip snugly in the nostril and squeeze the actuator until the solution starts draining from the opposite nasal passage or from your mouth. Allow the flow to continue for 2 to 3 seconds. Do not swallow the solution. To avoid pressure in your eardrums, blow your nose gently, without pinching your nose completely. If tolerable, sniff in any residual solution remaining in the nasal passage once or twice prior to blowing your nose. This may clean out the posterior nasopharyngeal area, which is the area at the back of your nasal passage. At times, some solution may reach the back of your throat. If so, please spit it out. To help improve drainage of any residual solution, blow your nose gently while tilting your head to the side. Now repeat these steps on your other nasal passage.

⚠️ WARNINGS

- Do not share with others.
- Do not completely block or occlude your nasal passage during use to avoid any pressure in your nose or ears.
- Keep out of reach of children.
- Contents under pressure; please do not puncture or incinerate the can.
- Consult GP/Healthcare professional before use on babies and small children
- **Recommended storage conditions**

- Store between 59°F and 86°F (15°C to 30°C). Product can temporarily be exposed to temperatures ranging from 41°F to 131°F (5°C to 55°C) during transportation.
- Store out of sunlight, away from heat sources and avoid freezing



177 mL (6 fl oz)



NOW with Dr. Mehta's Patented LVLP Rinse Tip™ (Large Volume Low Pressure)

Use covered by US Pat. Nos. 8,343,114/8,562,556/8,834,433/9,095,645/9,402,948/9,764,080/9,861,737/6,520,384/6,669,059; AUS Pat. Nos. 2012249362/2015203726; GER Pat. No. 2701768; MX Pat. No. 344667

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DIRECTIONS FOR NasaDrops® AND Naspira Drops®

Please read Warnings below before using the product.

NasaDrops® Nasal Saline Ampoule – Aspirator Combo



NeilMed® NasaDrops® is a drug-free, preservative-free, sterile nasal saline solution that soothes and moisturises babies', children's and adults' dry or congested noses. The 15 mL (0.5 fl oz) ampoules are convenient for home, nursery, playground, school, air travel, hotel room and hospital use. A few drops of saline will moisturise the nasal passages. Squeezing a larger quantity will deliver a gentle nasal rinse. This product is suitable for babies 6 months and older. For babies under 6 months, please consult

Preservative Free and Sterile

Naspira Drops® Quick Relief for Mucus

the other nostril. Discard any unused solution.

- Use the aspirator to suction out the mucus.
- Use up to six times daily as needed or as directed by your doctor.

⚠️ WARNINGS

- This product is to be used by an adult with a full understanding prior to any usage on babies and children. User must follow all the directions for usage.
- Do not use in nose while child is lying down flat on his/her back to avoid coughing, choking or pushing the mucus or saline from the device into throat.
- Do not mix with other fluids or additives.
- For external use only, not for injection.
- Do not use if solution appears cloudy or the ampoule is leaking or broken.
- Discard opened and unused solution.
- Keep out of reach and sight of children.
- Ampoule color and shape may vary.
- The ampoules or vials are not for individual sale.
- Please retain the box for instructions and other important information.
- Keep out of direct sunlight.

STORE OR KEEP IN A COOL AND DRY PLACE



1 mL



your GP/Healthcare professional before using **NasaDrops®** or **Naspira Drops®**.

- Now with the introduction of Dr. Mehta's Nasal Saline Ampoule - Aspirator Combo™, once the ampoule or vial is emptied out, you can use it as a disposable aspirator to suction out the nasal passages of secretions.

Dr. Mehta's
Nasal Saline Ampoule
Nasal Aspirator Combo™

Nasal and Sinus Application:

- Twist tab to open the ampoule or vial.
- If using on a child, hold baby or child in an upright position.
- Tilt baby or child's head slightly forward.
- Place the tip of ampoule in the nostril.
- Squeeze gently to dispense a few drops to moisturise or as needed to deliver a larger quantity for nasal irrigation. Depending on the size of the nasal cavity, the irrigating saline with mucus will come down from



15 mL

EMPTY VIAL
CAN BE
USED AS A
DISPOSABLE
ASPIRATOR
FOR BABIES



2-in-1
design

DIRECTIONS FOR NasoGel® Spray & NasoGel® Tube

Please read instructions below before using the product

Moisture for Dry Nasal Passages

NasoGel® provides moisture to soothe and hydrate dry nasal passages.

Dryness is caused by: Indoor Heat • Dry Climate • Air Travel • High Altitude • Oxygen Use • CPAP*

Dryness may lead to nose bleeds, altered sense of smell, headaches, nasal discomfort, nasal infections, crusting, etc.

*Continuous Positive Airway Pressure machine used for sleep breathing disorders

Warnings: Keep out of reach of children and do not use on children under 6 years of age. Store in a cool, dry place and protect from freezing. Use only as directed. Do not use for mouth dryness. Do not use if seal is broken. Do not discard the box or this leaflet. The inside final product does not have all the details you require for the ongoing use of the product. If you are allergic to any of the ingredients listed on the product packaging, do not use the product.

NasoGel® Spray: Nasal gel in an easy-to-use and convenient gel dispenser

Step 1: Remove cap from the nozzle.

Step 2: Remove the blue safety clasp.

Step 3: To prime pump **a)** Press the pump and then hold it in the down position, as shown, for 4 seconds. **b)** Release pump. **c)** Repeat steps **a)** and **b)** 4 to 5 times or until gel comes out.

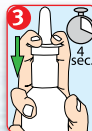
IMPORTANT NOTE:

You have to press and then hold the pump down for the full 4 seconds for maximum spray power as shown in the figure 3.

Step 4: After priming the pump the Gel is ready to dispense.

Step 5: Use 2-4 sprays of NasoGel® Drip Free Spray in each nostril every 4 to 6 hours. In case of persistent dryness, you may increase frequency of use to every 2 to 4 hours. If the dryness still persists you should consult your doctor.

Step 6: Replace the safety clasp and cap after use to avoid



drying. The pump will stay primed for a few days.

Re-prime the pump as the air pressure is lost.

NasoGel® Tube

Directions: After perforating the seal, screw the applicator tip onto the tube. Squeeze the tube gently until you see gel on the tip. Gently insert the applicator tip into the nostril and swirl to apply evenly on the nasal mucosa. Repeat on opposite nostril. Cover the tip with included over cap after use to prevent drying. Can be used every 4 to 6 hours as needed. Clean the tip with a dry lint free cloth or rinse it off with water. To prevent contamination, product should be used by a single user only.

NEW TIP



NasoGel® Tube: A soothing water soluble saline gel in tube form for those who don't prefer using a spray or require more localized moisture



DIRECTIONS FOR Isotonic, Hypertonic AND Pediatric NasaMist®

Please read Warnings below before using the product.

For Adults, Children and Babies

NasaMist® Saline Spray

This drug-free, non-burning saline spray helps alleviate nasal allergies, dryness, post-nasal drip and congestion from the common cold or flu. **Hypertonic** spray delivers three times the concentration of saline as **Isotonic**. **Pediatric** provides a specially designed tip for babies and children and the tip is ideal for babies and children. Please contact your physician before using on babies under 6 months.

Isotonic
Regular

Isotonic
Pediatric

Hypertonic
Extra Strength*



Step 1: Insert tip of actuator into nostril and press gently until adequate volume has been sprayed and the nasal passages are moist. For babies and children, do not insert nozzle beyond the flange. Use as often as needed to moisturize.

Step 2: Repeat for the other nostril.

Advantages of Hypertonic Solution

Extra Strength*

Research shows that a **Hypertonic (2.7%)** or more concentrated solution may help reduce congestion better than an **Isotonic (0.9%)** solution. This is because a more concentrated salt solution will draw more water out of the congested tissue, reduce swelling and open up the nasal passages and sinus openings to allow for better drainage. It is possible that you may experience temporary mild burning or mild stinging with the **Hypertonic** solution. If this persists, please use our **Isotonic** spray.

*As compared to isotonic solution

⚠ WARNINGS

- Do not share with others.
- Do not completely block or occlude nasal passage during use to avoid any pressure in the nose or ears.
- Keep out of reach of children.
- Contents under pressure; please do not puncture or incinerate.
- Consult physician before use on babies younger than one year.
- **Recommended storage conditions**
- Store between 59°F and 86°F (15°C to 30°C). Product can temporarily be exposed to temperatures ranging from 41°F to 131°F (5°C to 55°C) during transportation.
- Store out of sunlight, away from heat sources and avoid freezing

DIRECTIONS FOR Clearcanal®

Please read Warnings below before using the product

Dr. Mehta's Rule of 10™ Method for Earwax Removal

Plug ears for

10 DROPS per ear



10 MINUTES



Rinse each ear for

10 SECONDS

Please read complete directions before using product. Contains **5** complete treatments.

Dr. Mehta's Earwax Removal Complete System™

⚠ WARNINGS

Earwax is important in preventing dirt and bacteria from causing hearing problems. If there is an excess of wax build up, ear rinsing may be necessary to soften, loosen and wash it out.

Directions:

This product is intended for use on adults and children over 12 years of age. Consult your physician for use on children under 12.

1. Tilt head sideways and place **10 drops into each ear canal** by squeezing the plastic dropper bottle provided with this system. The tip of bottle should not enter ear canal.

2. **Keep drops in ear for 10 minutes** by keeping head tilted or placing enclosed ear plugs in ears. It is normal to feel warmth in inner ear.

3. Remove ear plugs. Attach the special drainage collection cup to the canister to avoid the rinse solution dripping out of your ear. Flush ears with the **NeilMed® Clearcanal®** specially designed actuator nozzle for 10 seconds or as desired to achieve adequate flushing. Gently tilt head side to side to drain out residual liquid and dry ears with a clean dry towel wrapped on a finger. On rare instances, individuals may experience pressure in the ears. If this occurs, stop rinsing. If symptoms persist please seek medical attention or contact **NeilMed®**, directly. If you feel dizzy, please do not use the product again.

Some users prefer to use the bulb syringe, so we are providing

a silicone bulb syringe and a tip. The syringe is specially designed to easily pull apart for cleaning. Please use **ONLY** warm purified water at body temperature which is around 98.6° F or 37° C. All the components of the syringe can be cleaned with soap and a water and sterilized by placing in boiling water for five minutes.

Suggested Use:

Maximum of twice per week, or as recommended by your physician.



Do not use:

- If you have had an allergic reaction to carbamide peroxide or other ingredients in the dropper bottle.
- If you have ear drainage or discharge, ear pain, irritation, rash in the ear, or are dizzy.
- Please consult a doctor with concerns.
- If you have an injury or perforation (hole) of the eardrum or after ear surgery, unless directed by a doctor.
- Do not use more than twice a week.

When using this product:

- Avoid contact with the eyes
- Keep out of reach of children.
- If swallowed, get medical help or contact a Poison Control Center immediately
- If accidental contact with eyes occurs, flush eyes with water and consult a doctor immediately.
- System is designed for a single user to reduce the risk of contamination. DO NOT SHARE WITH OTHERS.

Should not be used in the following situations:

- Children under 12 years of age
- Tubes in the ears
- Ear infections
- Current or previously perforated eardrums
- Recent mastoid surgery

Individuals with the following conditions should not use this product unless directed by a physician:

- Meniere's Syndrome or those experiencing dizziness, vertigo, impacted earwax or other ear problems.

Other Information:

- Contents in the canister are under pressure, please do not puncture or incinerate.
- Store out of sunlight, away from heat sources and avoid freezing
- **Recommended storage conditions**
- Store between 59°F and 86°F (15°C to 30°C). Product can temporarily be exposed to temperatures ranging from 41°F to 131°F (5°C to 55°C) during transportation.
- Keep cap on plastic bottle when not in use.



Frequently Asked Questions

NASAL IRRIGATION

Q1: What is the advantage of nasal rinsing?

A: Some amount of mucus production from the nasal and sinus lining is normal. Allergies and infections will cause excessive mucus production. This creates nasal and sinus symptoms such as a runny and stuffy nose and post-nasal drip. When you perform a nasal rinse, you wash away excess mucus and irritants such as pollen, dust particles, pollutants and bacteria, thus reducing inflammation of the mucus membrane. Normal mucosa will fight infections and allergies better, and symptoms may be reduced.



Q2: How is a nasal rinse performed?

A: For a true nasal rinse (also known as wash, douche or lavage), you need a large volume of saline—at least **60 mL to 120 mL (2 to 4 fl oz)**—in each nasal passage, delivered with low pressure or gravity method. You need a total of **120 mL (4 fl oz) to 240 mL (8 fl oz)** to wash both sides of your nasal passages. When you squeeze the solution up into your nasal passage, the flow should continue upwards, go over the septum and flow down through the other nasal passage. This ensures that allergens, irritants, excess mucus and other materials in the path of the flow are removed from the nasal passage. Until this flow cycle occurs, you will not achieve a thorough cleansing job.

Q3: Why do you need such a large volume of solution?

A: A large volume of saline solution creates a momentum that sweeps away allergens, excess mucus, pollutants, dust and animal dander in the path of the flow.

Q4: Why do we recommend low pressure and not high?

A: A low pressure will ensure that no discomfort is experienced in ears or sinuses.

Q5: Can nasal sprays or pressurized cans be used to perform a sinus rinse?

A: Yes and no. In the same way that a small spray bottle will never be as effective as a garden hose at cleaning mud off a driveway, a nasal

spray cannot duplicate the effectiveness of a volume rinse bottle at clearing your nasal passages of all mucus and nasal irritants. There are various spray products on the market and according to research, they are only moisturizers in most cases and cannot be considered as large volume nasal wash systems. This is due to fact that it is not possible to get a sufficient volume rinse using a spray system. **The exception is our new NasaMist® All-in-One spray, which has a special applicator tip—Dr. Mehta's LVLP (Large Volume Low Pressure™) nasal rinse adapter that provides a full LVLP nasal rinse.** For a true large volume nasal rinse, you need from **60 mL to 120 mL (2 to 4 fl oz)** in each nostril. With a few seconds of spray from the pressurized cans or a few sequential squeezes on spray bottles with micro tips or actuators, you may get a volume of **0.1 mL to 5 mL**, at the most. We recommend sprays be used as **Saline on the Go®** between nasal washes or when you are experiencing discomfort from dryness and congestion. If you have questions about which method to use, please check with your doctor.

Q6: What are the advantages of the NeilMed® SINUS RINSE™ bottle in performing a true nasal rinse?

A: The **SINUS RINSE™** easy-squeeze bottle is BPA-free and holds 240 mL (8 fl oz) of saline solution. It is designed to deliver a nasal rinse with sufficient volume and pressure to clean both nasal passages thoroughly. It allows you to control the pressure you use and reduce it if you have inflammation from illness or after sinus surgery. Published medical research shows that this is the most effective delivery system available for nasal irrigation. The bottle has printed instructions on it and also has a custom designed, rounded cap that comfortably fits different size nasal openings.

Q7: What are the advantages of our SINUS RINSE™ packets?

A: Our **SINUS RINSE™** bottle with our packets is a patented system in USA and several countries. Each **SINUS RINSE™** packet contains a preservative free mixture of sodium chloride and sodium bicarbonate that is pH balanced and has a purity level 99% or higher. The packets are easy to dispense and contain enough mixture to make 240 mL (8 fl oz) of saline solution. Thus, you have a large volume available to perform a true nasal rinse. The solution made with the **SINUS RINSE™** packet will not burn or sting because it is pH neutral. Moreover, the ingredients in each packet are identical, taking the guesswork out of preparing the solution and giving you the same solution each time you make it.



Q8: What is the best time of day to do a nasal rinse?

A: Nasal rinses can be done at any time of day. However, we recommend that you rinse at least one hour before leaving your home or going to bed in order to avoid the occasional, accidental drainage of the small amount of leftover solution or liquified mucus from the nasal passages, which may drip back or may come out of the nose if you were to lean forward.

Q9: How many times a day can a nasal rinse be performed?

A: Most users find that rinsing twice a day is beneficial similar to brushing your teeth. In our opinion, rinsing 3-4 times or for special circumstances, even rinsing up to 6 times a day is safe. Please follow your physician's advice.

Q10: Can I use bottled water?

A: Commercially bottled water or properly maintained reverse osmosis system at home is good.

Q11: Which type of water is recommended for nasal rinsing?

A: Rinsing your nasal passages with only plain water without our mixture will result in a severe burning sensation as plain water is not physiologic for your nasal lining, even if it is appropriate for drinking. Additionally, for your safety, do not use tap or faucet water for dissolving the mixture unless it has been previously boiled for five minutes or more, and then cooled to lukewarm or body temperature, as boiling sterilizes the water. Other choices are distilled, micro-filtered (through 0.2 micron), reverse osmosis filtered, or commercially bottled water. You can store boiled water in a clean container for seven days or more if refrigerated. Do not use non-chlorinated or non-ultra (0.2 micron) filtered well water unless it is boiled and then cooled to lukewarm or body temperature.

Q12: Can I warm the bottle filled with solution in the microwave?

A: It can be warmed in the microwave, with the cap left loose to avoid spillage related to air pressure. The time needed to warm the solution can only be determined by trial and error. **Try increments of 5 to 10 seconds to find the right temperature and approximate time of warming.** Do not overheat, as this may damage the bottle, tube or scald your nasal passages. (It is safe to put both cap and tube in microwave.)

Q13: What are the causes of a burning sensation related to irrigation?

A: Under normal circumstances, you should not feel any burning or stinging when you use **NeilMed® SINUS RINSE®** packets. With our product, you should expect a soothing rinse and there should never be any burning. Causes of a burning sensation include:

1. Forgetting to put the saline mixture in the bottle.
2. Using more than three packets for the specified water quantity.
3. Using water that is too cold or too hot.
4. Not thoroughly dissolving the mixture in water by shaking or stirring, particularly for Neti Pot users.

If you follow these directions and still feel any burning and the problem continues, please discontinue nasal rinsing and call our office for advice, or write to: questions@neilmed.com.

Q14: What should I do if the nasal rinse creates pain in my ear?

A: Nasal rinsing is not recommended when you have an acute or new ear infection or ear discomfort of any kind. We advise that you consult your physician before starting the rinses or wait until symptoms subside. If symptoms recur, stop the rinses and consult your physician as soon as possible. Due to different levels of pain threshold, please use your judgment to decide when to restart rinsing. See page 4 for more information on avoiding ear discomfort.

Q15: What if my nasal passage feels plugged or stuffy after using the rinse?

A: Some people experience reflex or rebound congestion with exposure to saline. This condition is usually very transient. If symptoms continue, consider using a **Hypertonic** (double strength) solution, or use an over-the-counter decongestant for a day or two. This is usually a very benign and mild condition that should resolve with time, and unless severely symptomatic, there is no need to discontinue ongoing irrigation. It will most likely resolve on its own.

Q16: Can I add any other ingredients, such as eucalyptus oil, alcohol, herbal medications, corticosteroids, vinegar or antibiotics?

A: Please check with your physician as there are various options available. We will not give any recommendations.



Q17: What if I prefer a higher concentration of salt solution?

A: Some physicians do recommend **Hypertonic** (double or triple the concentration) solutions in certain cases. **They believe that a higher concentrated solution will draw the fluid and excessive mucus out of congested nasal and sinus openings.** If you prefer higher salinity or **Hypertonic** solution, you can use 2 to 3 of our blue mixture packets in 240 mL (8 fl oz) of water OR use our green **Hypertonic** Refill Packet. Each **NeilMed® Hypertonic** packet will make 240 mL (8 fl oz) of **Hypertonic** solution or 480 mL (16 fl oz) of **Isotonic** solution.

Q18: Is NeilMed® SINUS RINSE® pregnancy safe?

A: All **NeilMed® SINUS RINSE®** products and saline sprays are suitable for use during pregnancy.



Pregnancy Safe

All **NeilMed® SINUS RINSE®** products & saline sprays are suitable for use during pregnancy.

Q19: What should I do if I happen to swallow the saline solution during the SINUS RINSE™ procedure?

A: It should not do any harm, even if you have high blood pressure or a heart condition. If you follow our directions, tilting your head forward, the chances of solution reaching the back of the throat are very small.

Q20: Is it common for solution to drain from my nose after rinsing?

A: Yes, this is very common, which is why we do not recommend rinsing your nasal passages right before going to bed. This happens in the first 15 to 20 minutes after using the rinse.

Q21: Should workers exposed to occupational dust perform nasal rinses?



A: Workers who are exposed to large amounts of environmental or occupational dust from construction work, farming, mining and various other occupations may benefit from regular use of the nasal rinse procedure. You should rinse the nose as soon as possible after the exposure. The sooner the irritant is removed from the delicate membranes, the less likely it is that the membranes will become inflamed and congested.

Q22: Why nasal irrigation for scuba divers?

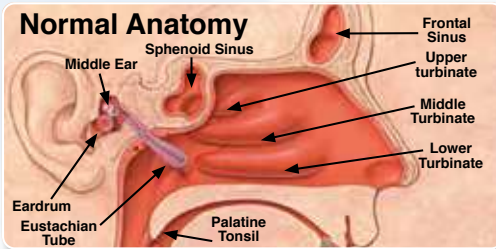


A: Scuba divers during ascent and descent must equalize the pressure in the ears to avoid pain and other problems. Good nasal and sinus care can help control inflammation, which can improve any

pressure discomfort felt in the sinuses and ears during or after diving. **NeilMed®** nasal irrigation methods by improving nasal and sinus inflammation helps significant number of scuba divers to have less or no pain in the ears and nasal passages and our user comments are quite encouraging.

Q23: Do nasal rinses improve the sense of smell?

A: We know that chronic rhinitis or chronic sinus symptoms will adversely affect the sense of smell and taste. Nasal rinses will symptomatically improve many nasal and sinus conditions. There are no medical publications at this time to show any correlation between rinses and sense of smell.



Clean and healthy sinus and nasal passages help provide normal, clear breathing and overall good health

Q24: Does the nasal rinse procedure improve bad breath?

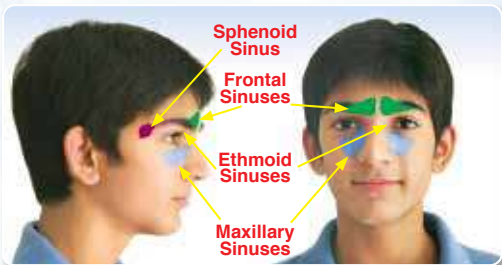
A: If bad breath is caused by chronic nasal and sinus infection, it will definitely help.

Q25: What are sinuses?

A: Sinuses are hollow spaces within the bones of the face. As shown in the **Normal Anatomy** picture above and on the next page, there are three pairs of sinuses: frontal, ethmoid, maxillary and one single sinus at the skull base that is called sphenoid. Each pair connects to the nose through small openings called **ostia** and acts to humidify and warm the air we breathe, add to our sense of smell and taste, and play a significant role in the quality of human sound. Additionally, these air-filled pockets help lighten our heavy skulls, making it easier to keep our heads upright.

Sinuses are lined with a mucous membrane called the **mucosa**. When your sinuses are healthy, they secrete a thin layer of mucus over the mucosa that drains into the nasal passages through the ostia. The mucosa acts as a filter to trap inhaled germs, dust, pollens, and environmental pollutants before they can reach your respiratory system. When the sinuses are inflamed or irritated, the ostia become blocked. Mucus accumulates inside the sinuses and becomes a breeding ground for viruses and bacteria.





Q26: What is the estimated number of people suffering from allergic rhinitis and sinusitis?

A: The two most common illnesses that affect our noses are rhinitis and sinusitis. In the United States alone, it is estimated that 30 to 50 million people suffer from one of these conditions. Our goal as a medical product company is to join forces with others in the health care field to help people suffering from these symptoms. Large volume nasal irrigation is supported with very extensive medical research literature, and most ENT and allergists consider it to be the first line of treatment for symptomatic relief of nasal and sinus symptoms due to various causes. We do not claim that our product **SINUS RINSE™** will cure the problem, but we can certainly say that either alone or with other medical therapies, it will reduce symptoms and may reduce or eliminate the need for prescription medications. **Recent studies have shown that NeilMed® SINUS RINSE® in conjunction with nasal corticosteroid sprays improve nasal sinus symptoms to a greater extent than corticosteroid sprays alone.**

Q27: What is rhinitis?

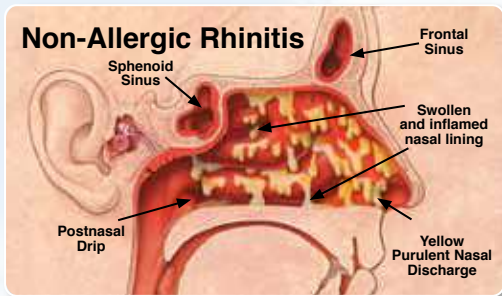
A: Rhinitis is an inflammation of the mucosa (mucosa = delicate lining of the inner body surfaces) of nasal passages.

Q28: What is sinusitis?

A: Sinusitis is an inflammation of the mucosa of various sinuses.

Q29: How do I differentiate between rhinitis and sinusitis?

A: Due to overlapping symptoms, it may be difficult to differentiate between the two. Usually, symptoms of rhinitis include stuffy, runny or drippy nose, scratchy throat and dry cough. Symptoms of sinusitis are more severe than the symptoms of rhinitis and often include increased nasal secretions and pain around the sinuses, such as facial pressure and pain.



Non-allergic rhinitis is an inflammation of the lining of the nose due to bacterial and viral infection or irritants

Q30: What are the symptoms related to sinusitis and blockage of the ostia (openings of the sinuses)?

A: The following are symptoms of acute and chronic sinusitis:

- Nasal congestion
- Headache
- Runny nose
- Facial pressure
- Ear pain
- Snoring
- Uncommon but serious infections such as meningitis, brain abscess, ear infections, etc.
- Night time cough due to post nasal drip
- White, yellow, or green discharge
- Persistent fatigue
- Pain in the upper jaw or teeth
- Loss of sense of smell or taste
- Fever

Q31: What are the causes of rhinitis and sinusitis?

- A:**
- Cold viruses
 - Allergies including food
 - Bacterial or fungal infections
 - Grass
 - Dust, Smog or environmental pollutants
 - Nasal polyps and deviated nasal septum
 - Moderate to severe gastroesophageal acid reflux disease (GERD)
 - Smoking

Treatment of Sinus Conditions

Q32: Can nasal rinses prevent or reduce a head cold or flu symptoms?

A: In the initial stages of a head cold and/or flu, saline rinses in large volume help reduce excess mucus and keep sinus passages clear.

Q33: How do I know if I need surgery for my sinuses?

A: There are various forms of endoscopic sinus surgeries (ESS or FESS) that can often cure or improve symptoms. We strongly advise that you contact your physician. You can request your doctor to refer you to an ENT (ear, nose and throat) or allergy specialist if your symptoms are not improving.

Q34: What is FESS and ESS?

A: Functional Endoscopic Sinus Surgery (FESS) is a commonly used term for endoscopic sinus surgery (ESS) and generally involves very little post-operative discomfort. Current technology including fiber optics, video cameras, high resolution video monitors and high resolution advanced CAT scanners allow excellent examination of all openings of the sinuses, nasal turbinates and nasal septum. When required, surgery will restore the anatomy to as normal as possible or more likely as functional as possible by removing obstructions and improving drainage. FESS or ESS can help improve or, in many, cases cure the symptoms of chronic sinusitis.

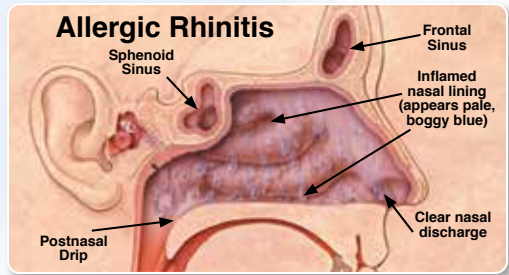
Q35: Would I need to change my nasal irrigation technique after sinus surgery?

A: You may need to rinse more carefully, and you may find that a larger amount of rinse solution will be necessary. For best results, after you finish rinsing, you may need to take a little more time to change head positions to allow more complete drainage from the sinuses. While bending over the sink, tilt your head sideways to help improve the drainage of any residual rinse solution. A lot of the post sinus surgery population may require more frequent rinsing and in some cases, need double volume (16 oz or 480 mL) nasal irrigation. Consult with your physician about safe and effective post-operation nasal irrigation.

Q36: What is a corticosteroid nasal spray?

A: Synthetic or pharmaceutical corticosteroids are anti-inflammatory drugs. They are not anabolic steroids so please do not confuse these two. Physicians prescribe corticosteroid nasal sprays to reduce chronic inflammation of the mucosa (mucus membrane) of nasal passages and sinuses.

Q37: What are nasal decongestants and when do I use them?



Allergic rhinitis is a common allergic reaction that causes inflammation of the lining in the nose with clear and thin secretions

A: Nasal decongestants constrict the dilated blood vessels and reduce nasal and sinus congestion. You can ask further advice about when to use them from your doctor or pharmacist.

Q38: What are antihistamines?

A: Antihistamines are the most common medications used to treat allergies. They work by blocking the effects of histamine, which is released during an allergic reaction. They help relieve the symptoms of sneezing, itchy nose and eyes and runny nose. They are not as helpful with nasal congestion.

Q39: Can I drink alcohol during acute or chronic symptoms of rhinitis and sinusitis?

A: Some individuals may get skin flushing and nasal congestion with the use of alcohol. Alcohol worsens these symptoms and it is recommended that you check first with your doctor or do not use alcohol while these symptoms persist.

Q40: Does smoking lead to rhinitis and sinusitis?

A: Yes, smoking can lead to rhinitis and sinusitis due to constant irritation.

FREE PRODUCT

Complete our online educational module and receive a FREE **SINUS RINSE™** Bottle Kit or **NeilMed® NASAFLO®** Neti Pot

<https://www.neilmed.com/p6190>

Our module will guide you through the anatomy, causes and symptoms of nasal and sinus-related problems. The full range of NeilMed® products for sinus relief and the ongoing maintenance of sinus health are covered in this module, including practical demonstration videos.

ONE FREE BOTTLE OR NETI POT PER CUSTOMER PER HOUSEHOLD

Offer expires December 31, 2025.



Allergies

Q41: Does rhinitis or sinusitis affect asthma?

A: It has been established that there is a definite correlation between the symptoms of rhinitis, chronic sinusitis and asthma. This is based on the unified or united airway disease as all the areas are contiguous. Curing or reducing rhinitis or sinusitis may improve the symptoms of asthma significantly. Approximately 80% of the patients suffering from allergic asthma have coexisting allergic rhinitis.

Q42: What are allergens or allergy inducing particles?

A: Allergens are usually organic particles that attach to the nasal mucosa or respiratory mucosa and lead to the development of an antibody, which creates a series of chemical reactions leading to allergic symptoms. Everybody's reaction to allergen exposure is different. The same amount of exposure to allergy particles can cause mild, moderate, or severe reactions in different people. Some may not have any reactions at all. Those with moderate to severe reactions will have symptoms.

Q43: Can you name a few allergens?

A: There are indoor allergens as well as outdoor allergens. Examples of indoor allergens include dust mites, molds, pet dander (from animals and birds) and pests. Examples of outdoor allergens are pollen, grass, wood dust, and mold. Other substances such as cigarette smoke, perfumes and aerosol spray can be irritants and worsen allergy and sinus symptoms, or can act as allergens themselves.

Q44: Are allergens always visible?

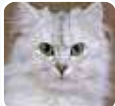
A: Most individual allergens are not visible. Dust mites are a typical example. They are not visible to the naked eye, yet they are present in every house. Dust mites are microscopic creatures that feed on human skin flakes and are present in mattresses, pillows, carpets and upholstery.

Q45: How do I reduce the problem of dust mites?

A: Clean all the areas where dust may be collecting. Carpets and sofa upholstery should be vacuumed on a regular basis. Wash pillow cases, sheets and blankets in hot water. Enclose mattresses and pillows in special allergy proof encasements. You can also contact an allergy care or supply company for more details.



Mold



Pet Dander



Dust Mite



Pollen



Virus

Q46: What is mold?

A: Mold is a fungus. It can be present in any area where it is damp and warm, especially in basements, bathrooms, kitchens and water damaged areas, such as wood, carpets, water coolers and heater fans.

Q47: What is pet dander?

A: Any pet with hair or feathers will shed dander. These tiny particles come from its skin. Dander is a very common cause of indoor allergies in the home and in other areas where animals and birds are raised.

Q48: What is seasonal allergic rhinitis?

A: Allergy symptoms that bother you only at certain times of the year, such as spring or autumn, are commonly called **hay fever**, or seasonal allergic rhinitis. These symptoms are commonly caused by pollens and occasionally molds.

Q49: What is perennial allergic rhinitis?

A: This occurs when a person develops symptoms throughout the year whenever he or she is exposed to specific allergens, such as dust or cat dander.

We hope you have gained useful information from this literature. We are confident that NeilMed® brand products will help you breathe more freely and comfortably. In our efforts to improve our several products, we will appreciate any feedback you may have. Write to us at questions@neilmed.com. Thank you.

ENDOSCOPIC VIEW OF NOSE IN VARIOUS CLINICAL CONDITIONS



Very large polyps blocking the nasal passages



Nasal polyps before treatment



Nasal polyps after treatment



Post nasal drip as seen on the pharyngeal (throat) wall



Extreme dryness, granulations and crusts in Wegener's granulomatosis



Dry mucosa



Thin secretions in allergic rhinitis



Severely thickened mucosa or lining with swelling



Thickened mucosa due to chronic inflammation



Purulent or infected, thick and yellow secretions



Nasal secretions in fungal infections

Term "Mucosa" is an internal or inside lining membrane of the various organs

PHYSICIAN AND CUSTOMER TESTIMONIALS

"In the management of patients with chronic sinusitis, and in particular in the post-operative care of these patients, I find that nasal saline irrigation is an extremely important component of the overall management protocol. By instituting active, aggressive saline irrigations early in the post-operative period and continuing for 4-6 weeks, my patients do much better, heal more quickly and require much less active debridement. **NeilMed® SINUS RINSE®** Kit has been the perfect tool for the majority of my patients using saline irrigation. I routinely recommend **NeilMed® SINUS RINSE®** Kit as a first line management tool if I am considering saline irrigation as a part of my sinus treatment protocol."

Thomas Tami, M.D., FACS Professor of Otolaryngology-Head and Neck Surgery University of Cincinnati College of Medicine, Cincinnati, Ohio

"Thank you for improving the health and life of my entire family. My wife suffered from horrible allergies, but now finds that simply doing a nasal rinse stops the reaction and gives her break. She barely ever needs antihistamine/allergy tablets any longer. My son suffered from chronic runny nose during the winter months. Nothing, including a sinus operation, helped. We now give him a nasal rinse in the morning and about 1/2 hour before he goes to bed. I use a nasal rinse during the winter months to keep my nasal passages hydrated in dry heat of forced air. My daughter can't wait until she can do a nasal rinse, too."

Geoffrey James, USA

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Charles North, USA

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*As compared to isotonic solution

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NeilMed® Products Highlights

<p>DEVICE</p>	 <p>SINUS RINSE Regular Kit #1 Seller</p>	 <p>NASA FLO 240 mL (8 fl oz) Plastic or Porcelain</p>	 <p>Sinugator by Dr. Mehta™ Cordless Pulsating Nasal Wash</p>	 <p>NasoGEL® for DRY NOSES Gel Tube NEW TIP</p>	 <p>NasaDrops® Saline on the Go® Perfect for Travel</p>	 <p>Nasa Mist SALINE SPRAY All-in-One</p>
<p>METHOD</p>	<p>Positive Pressure</p>	<p>Free Flow Gravity</p>	<p>Positive Pressure Pulsating Irrigation</p>	<p>Tube: Apply with cotton swab or gloved finger Spray: Spray Pump</p>	<p>Like a dropper or a tiny squeeze bulb or bottle</p>	<p>Spray pump with bag on valve technology (BOV)</p>
<p>MECHANISM</p>	<p>User controlled squeeze bottle</p>	<p>User directed and controlled flow</p>	<p>User activates the switch</p>	<p>Tube: Squeeze the tube Spray: User controlled spray pump</p>	<p>User controlled squeeze ampoule to dispense up to 15 mL</p>	<p>User controlled spray actuator</p>
<p>CONTAINER CAPACITY</p>	<p>240 mL (8 fl oz) 120 mL (4 fl oz) or 480 mL (16 fl oz)</p>	<p>240 mL (8 fl oz)</p>	<p>240 mL (8 fl oz)</p>	<p>Tube: 28.4 g (1 fl oz) Spray: 30 mL (1.0 fl oz)</p>	<p>15 mL</p>	<p>177 mL (6 fl oz)</p>
<p>DISPENSING</p>	<p>4.5 mm or 3/16" Usually empties in 4 squeezes or 2.25 mm Pediatric</p>	<p>5 to 6 mm or 1/4" opening</p>	<p>240 mL in 15 to 20 seconds</p>	<p>Tube: Not Applicable Spray: 0.14 mL/Spray or 200 Sprays/Bottle</p>	<p>Drop by drop or low flow dripping or small volume squeeze depending on the squeeze pressure and the size of the nose</p>	<p>Approximately 1 mL volume in 4 seconds with the fine tip and approximately 20 mL with LVLP tip in 4 sec.</p>
<p>ADVANTAGES</p>	<p>Positive pressure flow mobilizes and removes thick mucus and crusts</p>	<p>Gravity flow benefits users who cannot tolerate positive pressure flow</p>	<p>Pulsating positive pressure flow mobilizes and removes thick mucus and crust</p>	<p>Water soluble, saline based gel with aloe vera and sodium hyaluronate is an excellent moisturizer for dry nasal passages</p>	<p>Perfect non-burning saline for little noses of babies and children. Great for travel, airline, nursery, school, field, etc.</p>	<p>Provides three different nasal rinse tips to deliver sterile saline for nasal moisturization or nasal large volume rinsing.</p>
<p>APPROPRIATE USE & COMPLIMENTARY PRODUCTS</p>	<p>Use daily and use Nasogel® afterwards for moisturization. May be used in conjunction with NasaMist® saline spray (isotonic or hypertonic.)</p>	<p>Use daily and use Nasogel® afterwards for moisturization. May be used in conjunction with NasaMist® saline spray (isotonic or hypertonic.)</p>	<p>Use daily and use Nasogel® afterwards for moisturization. May be used in conjunction with NasaMist® saline spray (isotonic or hypertonic.)</p>	<p>Use after rinsing nasal passages to moisturize dry nasal passages. May be used in conjunction with Sinus Rinse®, NasaFlo® neti pot, Sinugator® or SinuFlo® Ready Rinse®.</p>	<p>Use along with Nasamist® saline spray isotonic, suitable for babies 6 months and older.</p>	<p>Use LVLP® tip when unable to prepare Sinus Rinse™ or NasaFlo™ Neti Pot; use fine mist tip or medium stream for nasal moisturization or to soften nasal crusting.</p>
<p>AVAILABILITY</p>	<p>AVAILABLE NATIONWIDE</p>		<p>For Stores Please See Page No. 25</p>	<p>For Stores Please See Page No. 24</p>	<p>www.neilmed.com</p>	<p>For Stores Please See Page No. 26</p>

NeilMed® Products Highlights

<p>DEVICE</p>	 <p>Nasa Mist SALINE SPRAY</p> <p>Isonic Hypertonic</p> <p>Pediatric</p>	 <p>NeilMed SINU FLO READYRINSE®</p>	<p>SINUS RINSE</p>  <p>Extra Strength Hypertonic Packets / Sachets</p>	<p>SINUS RINSE</p>  <p>Pediatric Kit</p>	 <p>elearcanal Dr. Mehta's Earwax Removal Complete Kit™</p> 	 <p>SinuFrin SinuFrin Plus</p>
<p>METHOD</p>	<p>Spray can with actuator</p>	<p>Positive Pressure</p>	<p>Dissolve one packet in 240 ml to make hypertonic solution (1.8%), or one packet in 480 ml to make isotonic solution</p>	<p>Positive Pressure</p>	<p>Saline spray canister, bottle or carbamide peroxide drops, a drainage collection cup easy to understand method of use</p>	<p>Nasal spray pump with oxymetazoline hcl as an active drug ingredient to treat vasoconstriction</p>
<p>MECHANISM</p>	<p>User controlled spray actuator</p>	<p>User controlled squeeze bottle</p>	<p>User controlled squeeze bottle</p>	<p>User controlled squeeze bottle</p>	<p>User controlled spray canister</p>	<p>User controlled spray pump</p>
<p>CONTAINER CAPACITY</p>	<p>Isotonic 75 mL, 125 mL (2.53 fl oz, 4.2 fl oz) Hypertonic 125 mL (4.2 fl oz) Pediatric 75 mL (2.53 fl oz)</p>	<p>240 mL (8 fl oz)</p>	<p>Use with Sinus Rinse™ bottle, NasaFlo® or Sinugator®</p>	<p>120 mL (4 fl oz)</p>	<p>177 mL (6 fl oz) 125 mL (4.2 fl oz) 75 mL (2.53 fl oz) Spray Canister</p>	<p>15 mL (0.5 fl oz.) or higher</p>
<p>DISPENSING</p>	<p>Approximately 1 mL volume in 4 seconds with baby actuator & 20 mL/sec with Dr. Mehta's LVP (Large Volume Low Pressure) tip</p>	<p>4.5 mm or 3/16" 240 mL Usually empties in 4 squeezes</p>	<p>2.5 mm or 3/32"</p>	<p>Approximately 1 mL volume in 4 seconds</p>	<p>SinuFrin® 0.1 mL per spray and SinuFrin® Plus 0.14 mL per spray</p>	
<p>ADVANTAGES</p>	<p>Preservative free buffered saline moisturizer for dry nasal passages</p>	<p>Positive pressure flow mobilizes and removes thick mucus and crusts</p>	<p>Some medical researchers consider extra strength saline as a natural decongestant. Hypertonic nasal rinsing may improve the function of the nasal and sinus lining and may make mucus thinner</p>	<p>Positive pressure flow mobilizes and removes thick mucus and crusts and at the same time controls the flow for little noses</p>	<p>Contains preservative free buffered saline</p>	<p>SinuFrin Plus® has oxymetazoline HCl plus various ingredients to prevent nasal dryness symptoms</p>
<p>APPROPRIATE USE & COMPLIMENTARY PRODUCTS</p>	<p>Ready-to-use nasal moisturization. May also be used to moisturize nasal passages or soften mucus prior to nasal irrigation with Sinus Rinse™, NasaFlo®, Sinugator® or SinuFlo® Ready Rinse®.</p>	<p>Use when unable to prepare Sinus Rinse™ or as a one time trial use. Contains two refill packets for two additional uses as Sinus Rinse™.</p>	<p>For use with Sinus Rinse™, NasaFlo® neti pot or Sinugator®. One packet provides double strength solution as compared to blue isotonic solution.</p>	<p>Use on children 2 years and up along with Pediamist® NasaMist® saline spray isotonic, for children 1 year and up.</p>	<p>Use for excessive earwax removal.</p>	<p>Use to open up blocked nasal passages prior to using Sinus Rinse™, NasaFlo®, Sinugator® or SinuFlo® Ready Rinse™ to rinse out nasal passages. SinuFrin Plus® contains gel moisturization to prevent dry nasal passages. Do not use for more than 2-3 days in a row.</p>
<p>AVAILABILITY</p>	<p>For Stores Please See Page No. 20, 28</p>	<p>For Stores Please See Page No. 26</p>	<p>For Stores Please See Page No. 20</p>	<p>For Stores Please See Page No. 28</p>	<p>For Stores Please See Page No. 21</p>	<p>For Stores Please See Page No. 27</p>



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How do I buy locally? See details on page 22, 23 and 30

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Which tip should I use?
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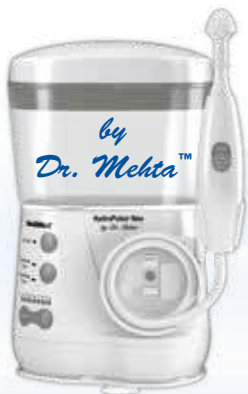


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