Dear patient!
Please read the following patient information leaflet carefully, as it contains important information which you should follow when using this product. If you have any questions, please consult your doctor or pharmacist.

What is contained in Nisita® Nasal Spray?
Each ml of nasal spray contains 3.3 mg of sodium chloride and 8.3 mg of sodium bicarbonate. Other ingredients: purified water.

When is Nisita® Nasal Spray used?
Nisita® Nasal Spray generates a fine atomized spray and is used in the event of dry nasal mucosa
• helping to relieve blocked nose, e.g. cold
• cleaning and moistening the nasal mucosa, e.g. in the event of dry air
• loosening scabs and crusts.

Nisita® Nasal Spray is free from preservatives and suitable for adults, children and infants.

Application:
1. Push down the white actuator several times until the first puff is dispensed. Now the spray is ready for use for every further application.
2. Insert the spray nozzle into the nostril and apply the pump mechanism. In doing so, keep the bottle vertical and don’t bend head backwards. During the spraying process breathe easily through the nose; then release the actuator slowly.

Due to reasons of hygiene and to avoid infection, every bottle of Nisita® Nasal Spray should only be used by one person. After application, the spray nozzle should be wiped clean, kept dry, and the protective cap should be replaced on the bottle.

How long may you use Nisita® Nasal Spray?
Nisita® Nasal Spray may be used for a longer period of time if necessary. If symptoms do not improve after 14 days of treatment, please consult your doctor or pharmacist.

What undesirable side effects can Nisita® Nasal Spray have?
If used correctly, side effects are not to be expected.

What further information must be taken note of?
Nisita® Nasal Spray may only be used up to the expiry date printed on the box and label. After first opening, the bottle of Nisita® Nasal Spray should not be used for more than six weeks.

What pack sizes are available?
Packs of 20 ml solution.
Mucosa of the respiratory tract
The respiratory tract is lined with a mucosa which allows for the full functionality of the respiratory organs. In the mucosa of the upper respiratory tract there are adenocytes and a number of tiny hairs (the so-called cilia). The adenocytes produce a liquid (secretion) which moistens the air that is breathed in (approx. 10,000 litres daily) and, at the same time, absorbs dust, dirt, germs, etc. The work of the cilia, which are constantly moving, is to transport those foreign matters back out or via throat into the stomach. If the mucosa is dried out, its natural function is not guaranteed any longer. Thereby, the intrusion of germs is facilitated and the sense of smell and taste is affected. Furthermore, this can lead to an irritation of the mucosa.

Our nose – function and task
The nose has many functions which serve to prevent illnesses of the respiratory tract. Through the nose, the air which is breathed in is brought almost to body temperature, i.e. in the winter cold air is warmed up and in the summer very hot air is cooled down. Additionally, the air which is breathed in is moistened and filtered in the nose so that dust particles are removed and only clean air reaches the lungs. For this reason, the air should always be breathed in through the nose and not through the mouth. This, however, is not possible if the function of the nose is restrained and the nasal mucosa is too dry.

Dry nose is a common problem. Not only it concerns all age groups, but also it appears throughout the year. The scabs and crusts which are formed in case of a dry nose are not only bothersome, they can partly be painful, too. The risk of an infection is higher, also the breathing, the sense of smell and taste are affected. This affects significantly the quality of life.

A dry mucosa can have causes
• side effects of special medicines

Recommendations and treatment options
The healing power of the salt (sodium chloride) has been used by humans for hundreds of years already. Thus, a stay in salty sea air or in a health resort where saline spring water is evaporated via wooden twigs (graduation houses) leads to a relief of the complaints in case of respiratory tract illnesses. The salts contained in the spray create humidity in the nose due to their hygroscopic effect.

Nisita® Nasal Spray is therefore widely applicable
For prevention
• protects the nasal mucosa against drying-out in the event of dry air
• avoids the contact of irritants with the nasal mucosa

For treatment
• moistens the nasal mucosa
• loosens crusts and scabs
• supports the treatment of colds in infants and children
• improves nasal respiration and can thus reduce snoring

For after-care
• supports the regeneration of the damaged nasal mucosa in case of colds, nosebleed, and after operations.

In case of a dry nasal mucosa, you also have Nisita® Nasal Ointment at your disposal.