

INSTRUCTIONS FOR USE:



Read this information carefully before you start using **Allerguard Allergy Nasal Spray**.

DO NOT THROW THIS LEAFLET AWAY! It contains important information. If you have any questions about **Allerguard Allergy Nasal Spray** please ask your healthcare provider, pharmacist, or the distributor.

What is Allerguard Allergy Nasal Spray and what is it used for

Allerguard Allergy Nasal Spray is a Medical Device which contains Ectoin® 2%, a natural cell-protective molecule with inflammation reducing and membrane-stabilizing properties.

Allerguard Allergy Nasal Spray can be used for the treatment and prevention of allergic rhinitis symptoms. Typical symptoms such as runny and itchy nose, nasal congestion, and sneezing can effectively be reduced.

Allerguard Allergy Nasal Spray is a slightly hypertonic solution and protects against the harmful influences of allergens and airborne particles and can also be used preventively. It facilitates the regeneration of sensitive nasal mucosa.

Allerguard Allergy Nasal Spray is preservative free, suitable for children and sensitive noses.

Warnings and precautions

- **Allerguard Allergy Nasal Spray** should not be used after nasal operations or injuries of the nose.
- **Allerguard Allergy Nasal Spray** should not be used in the case of hypersensitivity to Ectoin® or any of the other ingredients of the nasal spray.
- If allergic reactions occur, the use of **Allerguard Allergy Nasal Spray** must be discontinued immediately.
- To ensure safe hygiene, each nasal spray bottle should only be used by one person.
- Do not use for more than 6 weeks after opening.

What you need to know before using Allerguard Allergy Nasal Spray

There are no known interactions between **Allerguard Allergy Nasal Spray** and other nasal sprays.

What should be noted during pregnancy and while breast-feeding

Currently, there are no data available regarding the use of **Allerguard Allergy Nasal Spray** during pregnancy and while breast-feeding.

Consult your healthcare provider or pharmacist for advice, before using this Medical Device, if you are:

- pregnant or breast-feeding
- not sure whether you are pregnant or not

How to use Allerguard Allergy Nasal Spray

Always use **Allerguard Allergy Nasal Spray** according to these instructions for use. Consult your healthcare provider or pharmacist before use if you are not sure.

If not otherwise prescribed by your healthcare provider, please apply 1–2 sprays in each nostril several times a day. Children 10 years of age and younger should be assisted during the application.

Before using **Allerguard Allergy Nasal Spray** for the first time, take off the cap and pump 2–3 times to release the air from the pump. Do not cut the tip. If the spray function is impaired (which might happen if the bottle is not positioned upright), press the pump mechanism several times in upright position.

1. Gently blow your nose to clean your nostrils.
2. Remove the protecting cap from the bottle.
3. Hold the bottle with your index and middle finger on either side of the finger rests and your thumb underneath the bottle. Bend your head slightly forward and close one nostril by gently pressing against the side of your nose with your finger.
4. Insert the tip of the spray into your nostril and start to breathe-in gently.
5. Press the pump down quickly and firmly to spray into your nostril. Continue breathing gently through the nostril.
6. Insert the tip of the spray into your other nostril.
7. Repeat steps described above for the other nostril.
8. Wipe the exposed tip of the bottle with a clean lint-free cloth.
9. Replace cap on the bottle.

Possible side effects of Allerguard Allergy Nasal Spray

Allerguard Allergy Nasal Spray is well tolerated. Up to now, no regularly occurring or persisting side effects are known. Please inform your healthcare provider, pharmacist or the distributor of the product if you notice side effects that are associated with the use of **Allerguard Allergy Nasal Spray**. If conditions persist or worsen, contact your healthcare provider or pharmacist.

How to store Allerguard Allergy Nasal Spray

- The expiry date of **Allerguard Allergy Nasal Spray** is printed on the box and on the bottle.
- **Allerguard Allergy Nasal Spray** must not be used after the expiry date has passed.
- **Allerguard Allergy Nasal Spray** should be stored between 2°C–25°C.
- **Allerguard Allergy Nasal Spray** should be kept out of reach of children.

Content of Allerguard Allergy Nasal Spray and other information

20 mℓ solution. One spray contains 0,14 mℓ solution.

Ingredients

Ectoin®, Sea Salt, and Water.

Legal Manufacturer:

bitop AG
Stockumer Str. 28
58453 Witten, Germany

Marketed by:

iNova Pharmaceuticals (Pty) Ltd
Co. Reg. No. 1952/001640/07
15E Riley Road, Bedfordview
Tel: +27 11 087 0000
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Date of information

July 2016

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Explanation of the symbols:

CE mark Manufacturer Temperature limitation

Lot number Use by (Expiry date) Please consider the instructions for use

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