

Instantly Relieves Nasal Congestion



Please read this leaflet carefully before using Breathe Right nasal strips. If you have any questions, ask your doctor or pharmacist.

How Does Breathe Right Work?

- Drug free Breathe Right nasal strips are clinically proven to instantly open your nasal passages so you can breathe easier. Breathe Right nasal strips are flexible spring-like bands that gently lift and open nasal passages to allow for better airflow.
- Breathe Right nasal strips can be used day or night for relief from stuffiness due to:
 - Allergies
 - Colds
 - Deviated Septum



Use if you suffer from:

- **Nasal congestion:** Breathe Right nasal strips open the nose to help breathe better by providing temporary relief from nasal congestion and stuffiness which can be caused by colds and allergies. Breathe Right nasal strips may provide temporary relief from symptoms of congestion or breathing difficulty due to nasal septal deviation. They should not be considered as an alternative to definitive surgical correction.
- **Snoring:** By allowing easier breathing through the nose instead of the mouth, Breathe Right nasal strips may help reduce or even eliminate snoring caused by nasal congestion. For best results to relieve snoring, it is recommended to use nightly.
- Breathe Right nasal strips can be used with any medicines.

For more information on how Breathe Right can help you breathe better so you can sleep better visit breatheright.com.au



Drug Free

**Breathe Better.
Sleep Better.™**



HOW TO GET THE BEST RESULTS?

**Disposable - use each strip only once. For single use only.
Can be used day or night.**

Breathe Right nasal strips are flexible spring-like bands to gently lift and open nasal passages to allow for better airflow.

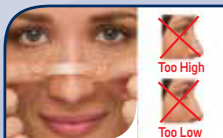
Use clear variant for dry/sensitive skin.

Correct placement makes sure you get maximum performance.

Be careful not to place it either too high or too low.



1 **CLEAN:** Wash and dry your nose to remove dirt and oils. (For oily skin, use an astringent).



2 **PLACE:** Remove the liner and place the strip on nose.



3 **APPLY:** Press down ends and rub gently to secure.

BEST WAY TO REMOVE STRIPS:

Remove your Breathe Right nasal strip while washing your face with warm water or when you are in the shower. Always remove the strip slowly.

Loosen the ends then gently lift the strip from both sides. Remove your strip properly with water, to reduce the likelihood of skin reactions or injury.

FOR LAVENDER NASAL STRIPS:

Lavender nasal strips are coated with capsules that contain a lavender fragrance consisting of a blend of oils including lavandin oil. Scratch the surface to release the calming lavender scent – scratch again to reactivate.

CAUTIONS:

For external use only. Do not use over sores, sunburned or irritated skin. Do not use more than 12 hours per day. For performance reasons the strips are for single use only. After removal, the nasal strip loses stickiness and the strip will not remain in place. Not for children under 5 years of age. In case of doubt in the use of this product ask a healthcare professional.

The paper pouch where the strips are packed may contain natural rubber latex which may cause allergic reactions. Lavender nasal strips are coated with capsules that contain a Lavender fragrance.

The size is important; use the right size for best results. Small/medium nasal strips fit 75% of noses, large nasal strips are for adults with a larger nose. Lavender and Extra Strength are one size that fits most noses.

STORAGE:

Store unused nasal strips at below 30°C. Store in the original package. The nasal strips are packed individually in wrappers and cold sealed with adhesive. The cold sealed wrappers are packed in cartons. Please dispose the product according to your local requirement and always consider the environment. Keep the product out of the sight and reach of children.

ADVERSE REACTIONS:

Some people may experience adverse reactions when using Breathe Right nasal strips. These may be application site reactions (e.g. erythema, irritation, pain, exfoliation, excoriation, bleeding, scab and discoloration) and hypersensitivity reaction including rash, pruritus and facial edema. Any serious incident that has occurred in relation to this product should be reported to the manufacturer. It is important to report product incidents as this can help identify faults with this medical device and may prevent similar incidents happening again.

SLEEP APNOEA:

CONTRAINDICATION: Breathe Right nasal strips are not intended to treat Sleep Apnoea. Persons who have symptoms of Sleep Apnoea should consult their doctor.

www.breatheright.com.au

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