

# PHYSIOMER®

PHYSIOMER® is a complete range of natural seawater nasal care products.

All the goodness of the sea to breathe better.

## PHYSIOMER® Normal Jet Nasal Spray

Hygiene - Active prevention

For Adults & Children from 6 years old

135 ml

### Properties

- Cleanses and eliminates excess nasal secretions
- Moistens nasal passages
- Prevents secondary ear, nose and throat infections

### 100% natural

- Isotonic seawater
- Preservative free
- Suitable for daily use

### TO KNOW BEFORE USING PHYSIOMER® Normal Jet

- Use by more than one person may spread infection.
- In case of nasal irritations, temporary tingling may appear during the use.
- Do not use after the expiration date printed on package.
- Do not use if the packaging has lost its original appearance.
- Do not use a broken or damaged product.
- If nasal symptoms prevail beyond 10 days for adults and children, consult a healthcare professional.
- Keep out of reach and sight of children.

### INGREDIENTS

100% natural, undiluted and isotonic seawater solution (equivalent to 9 g/l of NaCl).  
Sterile and preservative free.

### HOW TO USE

#### Recommended use

- In treatment of nasal symptoms, in case of stuffy nose: 4 to 6 times a day, spray 1 to 2 seconds in each nostril.
- In daily use, in hygiene and prevention: 1 to 2 times a day, spray 1 to 2 seconds in each nostril.

#### Administration mode

Adults and children: Adult supervision is recommended for use in children.

Before use: check if the spray works properly.

- 1 - Tilt the head to one side. Gently insert the nozzle in the upper nostril and press the nozzle once firmly for 1-2 seconds. Let the solution act for a few seconds.
- 2 - Repeat with the other nostril.
- 3 - Blow your nose.



Wash the nozzle with hot water after each use and dry properly.

# PHYSIOMER®

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## PHYSIOMER® Eucalyptus Nasal Spray

Decongestant - Cold Relief

Relief in 3 minutes only

For Adults & Children from 6 years old

135 ml

### Properties

#### With *Eucalyptus globulus* essential oil

- Relieves nasal congestion due to cold and rhinosinusitis
- Helps combat infection by drainage effect
- Provides a pleasant sensation of relief and freshness

### Natural Formula

- Hypertonic seawater with *Eucalyptus globulus* essential oil
- Preservative free

### TO KNOW BEFORE USING PHYSIOMER® Eucalyptus

- Use by more than one person may spread infection.
- In case of nasal irritations, temporary tingling may appear during the use.
- Do not use after the expiration date printed on package.
- Do not use if the packaging has lost its original appearance.
- Do not use a broken or damaged product.
- If nasal symptoms prevail beyond 7 days for adults and children, consult a healthcare professional.
- Do not use when allergic to any of the components, in case of asthma, during pregnancy or while breastfeeding and for children under 6 years old.
- Keep out of reach and sight of children.

### INGREDIENTS

97% hypertonic seawater solution (equivalent to 22 g/l of total mineral salts), sorbitol, natural «mint-eucalyptus essential oil» Flavour, Arlasilk PTM-LQ-(MV), E-Polylysine. Preservative free.

### HOW TO USE

#### Recommended use

- For the relief of nasal congestion: 2 to 3 times a day, a 1 second spray ONLY in each nostril.

#### Administration mode

Adults and children: Adult supervision is recommended for use in children.

Before use: check if the spray works properly.

- 1 - Tilt the head to one side. Gently insert the nozzle in the upper nostril and press the nozzle once firmly for 1-2 seconds. Let the solution act for a few seconds.
- 2 - Repeat with the other nostril.
- 3 - Blow your nose.



Wash the nozzle with hot water after each use and dry properly.

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## PHYSIOMER® Hypertonic Nasal Spray

Decongestant - Cold, Sinusitis, Allergic Rhinitis

For Adults & Children from 2 years old

135 ml

### Properties

- Restores nasal breathing
- Speeds up resolution of nasal symptoms
- Adapted to chronic symptoms in case of allergic rhinitis, chronic rhinosinusitis

### 100% natural

- Hypertonic seawater
- Preservative free

### TO KNOW BEFORE USING PHYSIOMER® Hypertonic

- Use by more than one person may spread infection.
- In case of nasal irritations, temporary tingling may appear during the use.
- Do not use after the expiration date printed on package.
- Do not use if the packaging has lost its original appearance.
- Do not use a broken or damaged product.
- If nasal symptoms prevail beyond 10 days for adults and children, consult a healthcare professional.
- Keep out of reach and sight of children.

### INGREDIENTS

100% natural, undiluted and hypertonic seawater solution (equivalent to 22 g/l of total mineral salts). Sterile and preservative free.

### HOW TO USE

#### Recommended use

- In case of allergic rhinitis, cold and sinusitis: 2 to 3 times a day, a 1 to 3 seconds spray in each nostril, up to 6 times a day.

#### Administration mode

Adults and children: Adult supervision is recommended for use in children.

Before use: check if the spray works properly.

- 1 - Tilt the head to one side. Gently insert the nozzle in the upper nostril and press the nozzle once firmly for 1-3 seconds. Let the solution act for a few seconds.
- 2 - Repeat with the other nostril.
- 3 - Blow your nose.



Wash the nozzle with hot water after each use and dry properly.

# PHYSIOMER®

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## PHYSIOMER® Strong Jet Nasal Spray

Hygiene - Active prevention

For Adults & Children from 10 years old

210 ml

### Properties

- Cleanses nasal passages and helps restore breathing
- Improves recovery after surgery
- Prevents secondary ear, nose and throat infections

### 100% natural

- Isotonic seawater
- Preservative free
- Suitable for daily use

### TO KNOW BEFORE USING PHYSIOMER® Strong Jet

- Use by more than one person may spread infection.
- In case of nasal irritations, temporary tingling may appear during the use.
- Do not use after the expiration date printed on package.
- Do not use if the packaging has lost its original appearance.
- Do not use a broken or damaged product.
- If nasal symptoms prevail beyond 10 days for adults and children, consult a healthcare professional.
- Keep out of reach and sight of children.

### INGREDIENTS

100% natural, undiluted and isotonic seawater solution (equivalent to 9 g/l of NaCl).  
Sterile and preservative free.

### HOW TO USE

#### Recommended use

- In case of scabs or thick, sticky, purulent nasal discharge: 1 to 4 sprays daily in each nostril.
- In case of chronic nasal discomfort, rhinosinusal pathologies and in post-endonasal and endosinusul surgery: 1 to 4 sprays daily in each nostril, when determined by a doctor.

#### Administration mode

Adults and children: Adult supervision is recommended for use in children.

Before use: check if the spray works properly.

- 1 - Tilt the head to one side. Gently insert the nozzle in the upper nostril and press the nozzle once firmly for 1-2 seconds. Let the solution act for a few seconds.
- 2 - Repeat with the other nostril.
- 3 - Blow your nose.



Wash the nozzle with hot water after each use and dry properly.

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## PHYSIOMER® Kids

### Nasal Spray

Hygiene - Active prevention

From 2 years old

115 ml

### Properties

- Eliminates excess mucus due to cold
- Cleans and moistens nasal passages
- Used regularly, prevents the recurrence of cold and the risk of secondary infections and otitis

### 100% natural

- Isotonic seawater
- Preservative free
- Suitable for daily use

### TO KNOW BEFORE USING PHYSIOMER® Kids

- Use by more than one person may spread infection.
- In case of nasal irritations, temporary tingling may appear during the use.
- Do not use after the expiration date printed on package.
- Do not use if the packaging has lost its original appearance.
- Do not use a broken or damaged product.
- If nasal symptoms prevail beyond 10 days for adults and children, consult a healthcare professional.
- Keep out of reach and sight of children.

### INGREDIENTS

100% natural, undiluted and isotonic seawater solution (equivalent to 9 g/l of NaCl). Sterile and preservative free.

### HOW TO USE

#### Recommended use

- In treatment of nasal symptoms, in case of cold (runny and/or stuffy nose) or flu: 4 to 6 times a day, spray 1 to 2 seconds in each nostril.
- In daily use, in hygiene and prevention: 1 to 2 times a day, spray 1 to 2 seconds in each nostril.

#### Administration mode

Adults and children: Adult supervision is recommended for use in children.

Before use: check if the spray works properly.

- 1 - Tilt the head to one side. Gently insert the nozzle in the upper nostril and press the nozzle once firmly for 1-2 seconds. Let the solution act for a few seconds.
- 2 - Repeat with the other nostril.
- 3 - Blow your nose.



Wash the nozzle with hot water after each use and dry properly.



# PHYSIOMER®

PHYSIOMER® is a complete range of natural seawater nasal care products.

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## PHYSIOMER® Baby Isotonic Nasal Spray

Hygiene - Active prevention

Comfort Tip®

From 15 days of age

115 ml

### Properties

- Cleans and clears nasal passages in the case of stuffy nose
- Moistens nasal passages
- Prevents the risk of secondary infections and otitis

### 100% natural

- Isotonic seawater
- Preservative free
- Safe for daily use

### TO KNOW BEFORE USING PHYSIOMER® Baby Isotonic

- Use by more than one person may spread infection.
- In case of nasal irritations, temporary tingling may appear during the use.
- Do not use after the expiration date printed on package.
- Do not use if the packaging has lost its original appearance.
- Do not use a broken or damaged product.
- If nasal symptoms prevail beyond 5 days, consult a healthcare professional.
- Keep out of reach and sight of children.

### INGREDIENTS

100% natural, undiluted and isotonic seawater solution (equivalent to 9 g/l of NaCl). Sterile and preservative free.

### HOW TO USE

#### Recommended use

- In treatment of nasal symptoms, in case of cold or rhinopharyngitis: 4 to 6 times a day, spray 1 to 2 seconds in each nostril.
- In daily use, in hygiene and prevention of nasal infections: 1 to 2 times a day, spray 1 to 2 seconds in each nostril.

#### Administration mode

It is recommended to proceed nasal wash before feeding, when the child is awake and calm.

Lay the baby down on a slightly inclined bed (30°) with his/her head to one side (never backwards to avoid the risk of wrong way into the throat). Spray some of the solution on your hand to check that the temperature is correct and get used to the pressure it delivers. You can also spray on baby's hand to reassure him/her.

Before use: check if the spray works properly.

- 1 - Gently insert the nozzle in the upper nostril and press the nozzle once firmly for 1-2 seconds.  
Let the solution act for a few seconds.
- 2 - Repeat with the other nostril.
- 3 - Lift baby back up and wipe his/her nose or use a nasal aspirator device.



Wash the nozzle with hot water after each use and dry properly.

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## PHYSIOMER® Baby Hypertonic

### Nasal Spray

#### Decongestant

From 15 days of age

60 ml

Comfort Tip®

#### Properties

- Cleans and clears nasal passages in the case of stuffy nose
- Moistens nasal passages
- Prevents the risk of secondary infections and otitis

#### 100% natural

- Isotonic seawater
- Preservative free
- Safe for daily use

#### TO KNOW BEFORE USING PHYSIOMER® Baby Hypertonic

- Use by more than one person may spread infection.
- In case of nasal irritations, temporary tingling may appear during the use.
- Do not use after the expiration date printed on package.
- Do not use if the packaging has lost its original appearance.
- Do not use a broken or damaged product.
- If nasal symptoms prevail beyond 5 days, consult a healthcare professional.
- Keep out of reach and sight of children.

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Before use: check if the spray works properly.

- 1 - Gently insert the nozzle in the upper nostril and press the nozzle once firmly for 1-2 seconds. Let the solution act for a few seconds.
- 2 - Repeat with the other nostril.
- 3 - Lift baby back up and wipe his/her nose or use a nasal aspirator device.



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