

## Instructions for use

### Nexa FluShield™

800 mg

#### What is Nexa FluShield

Nexa FluShield is a preventative treatment against cold and flu viruses. Nexa FluShield is clinically proven to help stop the onset of a cold or flu, or shorten the duration and severity of cold and flu-like symptoms. Nexa FluShield can assist in stopping the reappearance of virus-related cold and flu-like symptoms.

Nexa FluShield can be used in addition to medicines, as part of a combination therapy strategy in the fight against cold and flu.

Ingredients – Contains natural cellulose, garlic and peppermint powder.

#### How does Nexa FluShield work?

Nexa FluShield is a powder nasal spray. The powder turns to a gel in the nose which creates a barrier to shield the nasal membrane, therefore assisting in contact prevention and deactivation of airborne germs and viruses.

The most common route of infection for colds and flu is through the nose. Cold and flu viruses enter the nose and attach to the nasal lining, where they multiply and spread. This then leads to symptoms, such as a blocked or runny nose, sore throat, headache and coughing. In the initial stages of a disease, you often cannot distinguish between the common cold and influenza. Influenza is a potentially serious disease; the definitive diagnosis requires a healthcare provider.

One Nexa FluShield bottle contains up to 200 sprays.

#### Who can use Nexa FluShield

Nexa FluShield is suitable for adults, athletes, pregnant and breast-feeding women and children from 3 years.

Nexa FluShield does not contain any medicines.

Nexa FluShield is non-drowsy.

#### Do not use Nexa FluShield

- In children under 3 years.
- If you are sensitive to cellulose, mint or garlic.

#### When to use Nexa FluShield

Use Nexa FluShield before your symptoms start.

If symptoms of cold or flu have already started before taking Nexa FluShield, it can still be applied in order to shorten the cold or flu's duration (see STEPS below).

#### How to use Nexa FluShield

Do not use if tamper-evident seal is broken.

To assist in the defence against cold and flu, apply Nexa FluShield 2 to 3 times per day to maintain an effective barrier. If symptoms have already started, take Nexa FluShield 3 times per day until symptoms disappear.

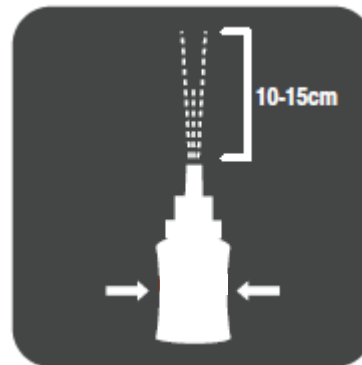
## STEPS:



Step 1 – Blow your nose.



Step 2 – Remove cap and shake the bottle.



Step 3 – Administer a test spray to gauge the pressure required for an ideal dose, which is a 10 to 15 cm plume of powder. If you find the bottle too stiff to squeeze with one hand then use both hands (once you are used to taking Nexa FluShield the test spray is no longer needed).



Step 4 – Place the nozzle of the bottle just inside the nose and apply 1 to 2 sprays into each nostril. Inhale gently while squeezing but do not inhale deeply.



Step 5 – Re-apply each time you blow your nose.

If concurrent use of another nasal spray is required, Nexa FluShield should be re-applied afterwards so that the barrier created is not disturbed.

### Possible side effects

During first use, you may experience a tingling or burning sensation in the nose or light sneezing. This is a transient sensation that should go away as you become used to using Nexa FluShield.

You may also feel some form of irritation, especially if your nasal membranes are already inflamed or irritated. This should subside quickly.

Some individuals can feel a slight sensation of a blocked nose; this is normal and is the feel of the barrier created by Nexa FluShield.

Very few cases of allergic reactions to this product have been reported. Reports received have been blocked nose, runny nose, sneezing, sore throat. In such cases, the use of the product should be discontinued immediately and if symptoms persist, consult your healthcare provider.

If you experience serious discomfort after application of Nexa FluShield, consult your healthcare provider.

### Take care with Nexa FluShield

Avoid contact with eyes. If powder gets into your eye, rinse with water.

Avoid contact with open wounds.

To avoid contamination, do not use this product for more than one person.

### **If Nexa FluShield is not adequately relieving your symptoms**

Consult your healthcare provider about what medication you could take to supplement your Nexa FluShield in the fight against cold and flu.

Read the above guidance carefully and try Nexa FluShield using the 5 steps (see STEPS above).

### **Caring for your Nexa FluShield**

Do not rinse the bottle with water or other liquid as this may block the bottle.

Always replace the cap.

### **How to store Nexa FluShield**

Store in a dry place at room temperature, or between 5 °C and 30 °C.

Keep out of reach of children.

Once opened, use within 6 months.

Do not refrigerate or freeze.

Do not store in a bathroom.

Do not use after the expiry date stated on the carton.

Return all unused product to your pharmacist.

Do not dispose of unused product in drains or sewerage systems (e.g. toilets).

### **Distributor**

Abex Pharmaceutica (Pty) Ltd; Suite C, Rubenstein Ridge; 617 Rubenstein Drive; Moreleta Park, 0181; South Africa



Nasaleze Ltd.; Unit 3; Woodside house; Ballafletcher Business Park, Douglas; Isle of Man, IM4 4QE, UK

### **Marketed by**

Pharma Dynamics (Pty) Ltd; 1st Floor Grapevine House; Steenberg Office Park Silverwood Close; Westlake, Cape Town, 7945

### **Latest revision of the instructions for use**

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