



# Lemsip First Action Nasal Spray

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## Uses

Helps to reduce the risk of cold symptoms from developing into a full blown cold by trapping cold viruses.

## Dosage

Adults and children 1 year and over: at the first signs of a cold, spray once into each nostril.

## Format and Ingredients

Nasal spray containing:  
Carragelose,

**Category:**  
Cough, Colds and Sore Throat

**Manufacturer:**  
RECKITT

**Pack size:** 20ml

**RRP:** £6.99

**Legal Status:** MD