



## Rhynil Anti-snoring Spray for Nose and Mouth

### Uses

To help reduce the common causes of snoring (e.g. nasal stuffiness and palatal flutter).

### Dosage

Best used last thing at night and first thing in the morning. Spray twice into each nostril (closing the other nostril with a finger) and twice onto the roof of the mouth. Breathe in gently while spraying.

### Format and Ingredients

Vanilla flavoured spray

**Category:**  
Sleep and Travel

**Manufacturer:**  
PRECISION HEALTHCARE

**Pack size:** 35ml

**RRP:** £18.99

**Legal Status:**