



# Stérimar Congestion Relief

## Uses

Helps to rapidly clear nasal congestion caused by colds and sinusitis by washing out nasal cavities. Washes away even thick mucus.

## Dosage

Adults and children from 3 years: follow pack instructions and use 2-6 times a day until the nose is no longer blocked, or as recommended by a doctor. Suitable for use in pregnancy and breastfeeding.

## Format and Ingredients

Nasal spray containing:  
100% natural sea water based solution (hypertonic solution enriched with copper),

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

**Manufacturer:**  
CHURCH & DWIGHT UK LTD

**Pack size:** 50ml, 100ml

**RRP:** £4.99, £7.99

**Legal Status:** MD, MD