



# Vicks First Defence Nasal Spray

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## Uses

Traps, inactivates and helps body naturally remove the cold virus, before it develops into a full blown cold.

## Dosage

Over 12 years: use at the first signs of a cold. Apply 2-3 sprays per nostril, without tilting the head, up to 4 times a day. Allow 4 hours between applications. Avoid inhaling deeply.  
Under 12 years: not suitable for use.

## Format and Ingredients

Nasal spray for nasal irrigation

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

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 15ml

**RRP:** £7.65

**Legal Status:** MD