

Chamiflor[®] Ocean Nasal Spray



User Information

Dear patient,
Please read this Patient Information Leaflet carefully. It contains important information.

This medicinal product is available without prescription. However, in order to achieve an optimal therapeutic effect Chamiflor Ocean must be used as directed.

- Keep this leaflet. You may wish to read it later on again.
- If you have any questions, please ask your pharmacist.
- If your symptoms do not improve within 14 days, you must consult a doctor!

This patient information leaflet deals with the following topics:

1. What is Chamiflor Ocean and what is it used for?
2. What should you observe before using Chamiflor Ocean?
3. How must Chamiflor Ocean be used?
4. Which side effects may occur?
5. How should Chamiflor Ocean be stored?

Chamiflor[®] Ocean

Chamiflor Ocean contains physiological ocean water with natural sea salts, purified water and chamomile fluid extract.

The salt content of Chamiflor Ocean is equivalent to a 0.9% conc. Sodium Chloride solution. The salt content has been chosen in such a way that Chamiflor Ocean is well tolerated on the mucosa. In combination with the mild chamomile fluid extract, Chamiflor Ocean facilitates regeneration of the sensitive nasal mucosa.

Chamiflor Ocean is free from preservatives, the patented dosage system will prevent invasion of any germs into the container.

Chamiflor Ocean is available in bottles containing 20ml (equivalent to about 140 puffs).

1. WHAT IS CHAMIFLOR OCEAN AND WHAT IS IT USED FOR?

Chamiflor Ocean is a metered-dose spray for spraying into the nose. The fine mist of Chamiflor Ocean provides gentle support to the nasal cavity, the paranasal sinus as well as the sensitive nasal mucosa that is very important for a normal healthy respiratory system.

Chamiflor Ocean is used for:

- cleaning and gentle rinsing of the nasal cavity in case of increased incrustation, and/or exposure to house dust, pollen, etc., as well as for supportive treatment in rhinitis and/or in stuffy nose.
- moistening of the nasal mucosa, for instance in case of dry air, as found in heated or air-conditioned rooms.

Chamiflor Ocean can also be used in babies and children.

2. WHAT SHOULD YOU OBSERVE BEFORE USING CHAMIFLOR OCEAN?

Due to its content of chamomile fluid extract, you must not use Chamiflor Ocean if you are hypersensitive (allergic) to composite flowers, such as amica, chamomile, marigold or yarrow.

Pregnancy and breast-feeding period

There are no known risks in using Chamiflor Ocean during pregnancy and breast-feeding; it is however recommended to consult a physician or pharmacist before use.

Interactions with other medicinal products:

None reported so far.

3. HOW MUST CHAMIFLOR OCEAN BE USED?

Always use Chamiflor Ocean as directed in this Patient Information Leaflet. If you have any questions, please ask your doctor or your pharmacist.

DOSAGE

Unless otherwise prescribed by your doctor, the recommended dosage is as follows:

Babies and infants under 2 years of age:

Babies and infants receive one puff of Chamiflor Ocean into each nostril when required.

Children over 2 years of age and adults:

Children and adults spray 1-2 puffs of Chamiflor Ocean into each nostril when required.

Please adhere to the following instruction for use:

First, remove the yellow protective cap and take the spray-bottle in one hand. (Fig.1). Prior to first use, push down the top several times until the first dose is delivered (Fig.2). This procedure will not be required when you use the product again, as Chamiflor Ocean is now ready for use. When treating babies or infants, it is recommended to bring them into an upright position and slightly lift their head.

For use, insert the spray head in a nostril and pump once (Fig. 3). Take a light breath through the nose while spraying.

For reasons of hygiene and in order to avoid infections, it is recommended that the sprayer is used by one person only. After each use, you should wipe off the spray head and replace the protective cap again.

In concomitant use with a spray for rhinitis, Chamiflor Ocean should be used first.

Note: Chamiflor Ocean contains no preservatives and is produced in a sterile container equipped with a special application system. To ensure perfect quality of the product and proper functioning of the application system throughout its shelf life, the spray-bottle must not be tampered with.

The duration of treatment with Chamiflor Ocean is not limited. However, if no improvement of your symptoms is achieved after 14 days of use, you should consult your doctor or your pharmacist.

4. WHICH SIDE EFFECTS MAY OCCUR?

None reported so far.

5. HOW SHOULD CHAMIFLOR OCEAN BE STORED?

Keep medicines out of reach of children. Do not use Chamiflor Ocean after the expiry date which is marked on the container as well as on the box.

Do not use Chamiflor Ocean for longer than 6 months after first opening.

This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

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Fig 1



Fig 2



Fig 3

STORE BELOW 25°C.
Keep out of reach
of children.

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