

Sinol-M™ “All Natural” Nasal Spray

Directions for adult use

Shake well before using

The first time you use the pump spray you may have to “prime” it by squirting a few times into the air until a fine mist comes out.

Tilt your head forward slightly. Breathe out slowly. Hold the pump bottle with your thumb at the bottom and your index and middle fingers on top. Use a finger on your other hand to close your nostril on the side not receiving Sinol M. Squeeze the pump as you begin to breathe in slowly through your nose. Repeat these steps for the other nostril. If you are using more than one spray in each nostril, follow all these steps again. Try not to sneeze or blow your nose just after using the spray.

Uses: Sinol-M™ can be used liberally for allergies, sinus or headaches up to 12x a day.

Allergies/Sinus

For relief of indoor/outdoor allergies and sinus conditions

Sinol-M™ clears the congestion associated with allergies and sinus problems quickly. Sinol-M™ desensitizes the mucous membranes in the nose making them less irritated by airborne particles, relieving allergies and sinus congestion fast.

Sinol-M™ will stimulate secretions and drain your sinuses while keeping them bacteria and infection free. A daily regimen of Sinol-M™ will keep you breathing clearly and easily each and every day.

If used on a regular daily basis (3x a day) Sinol-M™ will relieve allergy symptoms throughout the allergy season.

If you are experiencing severe sinus problems such as infection or sinusitis, use Sinol-M™ daily (3x -12x a day) until relief occurs. Relief for major problems can take weeks with Sinol-M™ or prescription medicine.

Headache

For fast relief of migraine, cluster, sinus, premenstrual, menstrual and tension headaches.

Sinol-M™ will work best for headaches when symptoms first occur. Most headaches are caused by a spasm of the blood vessels or muscles around the eyes and across the forehead

Sinol-M™ is a fast acting, all natural remedy that relaxes the muscles and blood vessels and can relieve headaches when they first begin. You should experience relief in 2–12 minutes. If your headache persists follow-up immediately with a further 1–2 sprays. With severe headaches that feel deep in your head you may need to tilt your head back and sniff deep to reach the headache area and use multiple sprays.

The active ingredient in Sinol-M™ is capsicum 4X. It desensitizes the sensory neurons, dilates constricted blood vessels and aids in pain control. Sinol-M™ contains a number of other soothing all-natural ingredients including: Aloe Vera Extract Eucalyptus Oil Rosemary Extract Sea Salt Ascorbic Acid (vitamin C).

For best results keep Sinol-M™ at room temperature.

Sinol-M™ is not habit forming and has no harsh side effects.

Sinol-M Cold & Flu

Sinol-M™ relieves cold & flu symptoms such as headache, congestion and runny nose. If used on a regular daily basis (3-5x a day) Sinol-M™ will relieve your cold symptoms fast and can be used as needed up to 12x a day. The active ingredient in Sinol-M™ is capsicum. This ingredient relaxes the muscles and blood vessels in your head and can provide headache relief in minutes. Sinol-M can be used liberally to relieve all cold symptoms.

Warnings

- The active ingredient in Sinol-M™ is capsicum (capsaicin) which comes from the pepper plant. You may experience a light burning sensation that lasts for 2-5 seconds after use. After multiple uses this sensation deteriorates.
- If you are pregnant or breast feeding ask a health care professional before using.
- Do not use if you are allergic to the listed ingredients.
- Do not spray in or around eye area, if contact occurs, rinse with cold water.
- Not recommended for children under 12 years of age. Sinol offers a Kids product.
- Keep out of reach of children.

Sinol-M™ is a Homeopathic Drug and registered with the FDA. For more info please visit our website at www.sinol.com.au

