



Recommended by Ear, Nose, and Throat Physicians

SinuCleanse®
Products

Micro-Filtered Nasal Wash System

Please read instructions thoroughly before using and keep for future reference.

Built-In Water Filter
Inside Cap



Patent Pending

About the SinuCleanse Micro-Filtered Nasal Wash System

The SinuCleanse Micro-Filtered Nasal Wash System is a revolutionary new product that makes receiving the proven benefits of nasal washing easier than ever. The built-in water filter meets the CDC recommendation for nasal washing with tap water*. This provides peace of mind, while also eliminating the cost of bottled water or the inconvenience of boiling and pre-filtering tap water†. It also allows for easier temperature control of the saline solution for a soothing and more comfortable nasal washing experience.

The patent pending SinuCleanse Micro-Filtered System incorporates additional innovations to maximize the comfort and convenience of nasal washing:

- Inverted filter technology with anti-backflow valve uses a combination of gravity and positive pressure to provide an easy to control and comfortable flow of the saline solution.
- Ergonomically designed bottle and soft nasal tip are comfortable to use and easy to clean.



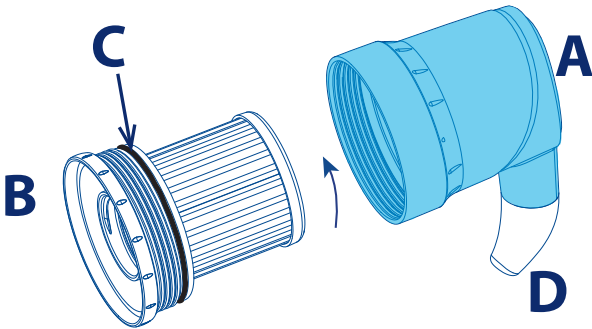
* This product has been tested and certified to meet NSF/ANSI Std. 53, a drinking water standard, for cyst reduction.

†The Micro-Filtered System is intended as a final filter for tap water that is known to be safe for drinking.

Cleaning, Care & Storage Instructions:

Warning: Product Contains Small Parts, Keep Out of Reach of Children

After each use: Hold the cap assembly over the sink and unscrew filter cartridge (B) by turning the white ring on bottom of the cap counter clockwise while holding cap (A) and allowing any excess water to drain from the cap.



Cleaning the Micro-Filtered System components:

Important: Do Not Wash or Handle Filter Material

Bottle: Thoroughly wash the bottle with mild soap and water and rinse.

Comfort tip: Remove tip (D) and clean with mild soap and water and rinse.

Cap: Clean the outside of the cap with mild soap and water and rinse.

Place cap and components in a clean location and allow to dry. After the filter and components are completely dry reassemble the cap, taking care that the O-ring (C) is seated above the filter base threads as shown in the illustration, then store the assembled system in a clean and dry place ready for next use.

Filter Data

Model #'s:
00-40630, 12-40630, 91-40630
97-40630, 98-40630

Manufacturer:
Ascent Consumer Products Inc.
Melville NY 11747
888-547-5492

Filter Type:
Mechanical Cyst Reduction Filter

Maximum Working Pressure:
5 psi

Maximum Service Life:
50 gallons

Maximum Operating Temperature:
100 degrees Fahrenheit

This product has been tested and certified to meet NSF/ANSI Standard 53, a drinking water standard, for cyst reduction of 99.95% and to be lead free.

For more information from the Centers for Disease Control and Prevention (CDC) on water filters and sinus washing visit the CDC web site at: <http://www.cdc.gov>.

Frequently asked questions and important information about the Micro-Filtered System

How long does the Micro-Filtered System last?

The Micro-Filtered System is certified to treat 50 gallons of water which is enough to fill the 8 oz. bottle 800 times. This allows up to 4 uses per day for 6 months. **Replace Micro-Filtered System 6 months after first use or after 800 uses which ever occurs first.**

Enter first use date here:

What type of water can be used in the Micro-Filtered System?

In addition to distilled water or commercially bottled water the Micro-Filtered System can be used with tap water. **WARNING: The Micro-Filtered System is intended as a final filter for tap water that is known to be safe for drinking.**

Can I share the Micro-Filtered System with friends and family?

The Micro-Filtered System is intended for individual use and not to be shared.

Is the Micro-Filtered System dishwasher safe?

Do not clean any part of the Micro-Filtered System in the dishwasher.

Should I use an Isotonic or Hypertonic solution?

The Micro-Filtered System can be used with the enclosed saline packets to make either an Isotonic or Hypertonic solution. An Isotonic solution has a salt concentration similar to your body and some people find this more comfortable to use. A Hypertonic solution is more concentrated, similar to the salt concentration of ocean water. Both are beneficial to your sinus and nasal health.

Check with the guide below or consult with your physician for best use.

Isotonic Solution	1 Saline Packet per 8 fl oz (240 mL)
Hypertonic Solution	2 Saline Packets per 8 fl oz (240 mL)

Helpful hints for a more comfortable nasal wash experience:

- Begin using the Micro-Filtered System slowly – especially with children. A full bottle of solution is not necessary to receive the full benefit.
- If the solution is too warm or too cold, the nasal wash will be uncomfortable.
- If stinging or irritation occurs, try using 1 packet of dry ingredients per bottle. Gradually work up to using the solution at full strength using 2 full packets per bottle. Do not use less than 1 packet.
- If you experience ear discomfort after use, try to blow your nose gently after the wash. If the problem persists, the openings of your Eustachian tubes may be particularly wide and use of the system should be discontinued.
- Breathe continuously through the mouth when using the Nasal Wash System to avoid solution draining from the back of the nose into the mouth.

Instructions for Use:

Warning: Do not use Micro-Filtered System if nasal passages are completely blocked.

Preparing the Micro-Filtered System for first use

Before first use, wash your hands and rinse the bottle with warm tap water and empty. Next fill bottle with warm tap water and place cap on bottle and tighten securely. Holding the assembled bottle and cap over the sink, invert so comfort tip faces up and squeeze bottle several times until bottle is empty and no water flows from the comfort tip. Repeat the filling and emptying process two additional times. The Micro-Filtered System is now ready for use.

1. Wash your hands.
2. For first time use make sure the Micro-Filtered System has been prepared according to the instruction above.
3. Before each use inspect filter media for any signs of damage or discoloration and discard if any is present. To inspect filter refer to diagram in the **Cleaning, Care & Storage Instructions** located on the back panel.
4. Pour the contents of the saline packet(s) into the bottle. First-time users should start with 1 packet to make an Isotonic solution. As you become more accustomed to using the system, you may work up to using 2 full packets for a Hypertonic solution. Use packet contents immediately upon opening and discard any partially used packets or unused saline dry ingredients. Additional packets may be purchased online or from your nearest pharmacy.
5. Fill the bottle with warm tap water to the 8 oz mark indicated on the bottle. Make sure the white check valve located on the shoulder of the bottle is present and in place. Test water temperature before using. Use saline solution promptly, do not save or store for future use.
6. Replace the cap on the bottle and tighten securely. Gently shake the bottle until the dry ingredients have completely dissolved.
7. Invert the bottle so the comfort tip is facing up, lean over the sink with your head bent down so you are looking directly into the basin. Place the comfort tip up to the right nostril and gently insert the tip so that it forms a comfortable seal. Aim the tip at the back of your head, not at the top of your head.
8. Squeeze the bottle gently so that the solution enters the right nostril. Do not inhale or "snort" the solution into the nose – breathe through your mouth.
9. In a few moments the solution will begin to drain out of the left nostril. Continue to squeeze the bottle gently until you have used approximately half of the solution.
10. Remove the comfort tip from your nostril, then exhale through both nostrils to clear them of excess mucus and solution. Gently blow your nose into tissue.
11. Repeat the procedure on the left nostril with the remaining solution.
12. When finished hold the system inverted over sink and squeeze several times to remove solution remaining in cap.
13. After each use of the Micro-Filtered System follow the **Cleaning, Care & Storage Instructions** located on the back panel.

