

All-Natural

SinuCleanse®

BREATHE

MICRO-FILTERED
Nasal Wash System

INSTRUCTIONS FOR USE

Read through entire instruction sheet before using for the first time.



Patent Pending

ABOUT THE 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.



*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.

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

- Inverted filter technology 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.

MICRO-FILTERED INSTRUCTIONS

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

1. Wash your hands.
2. Before first use make sure the **SinuCleanse® Micro-Filtered System** has been prepared according to the instruction, *top right*.
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, next page**.
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.

ⓘ 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.



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, next page**.

NASAL WASH PACKET INSTRUCTIONS

1. Wash hands.
2. Consult manufacturer's instructions for your Nasal Wash Device to determine the amount of solution it holds. Mix 1 to 2 packets per 8 fl oz. First-time users should start with 1 packet of the saline dry ingredients per 8 fl. oz to make an isotonic solution. As you become more accustomed to the system you may want to work up to using 2 full packets per 8 fl oz to make a hypertonic solution. Use packet contents immediately upon opening and discard an partially used packets of saline dry ingredients. Additional packets may be purchased from you pharmacy.
3. Nasal Wash according to the device manufacture's instructions. Use saline solution promptly, do not save or store for future use.
4. Clean according to the device manufacturer's instructions.

⚠ **Do not use Nasal Wash Packets past the expiration date.**



SHOULD I USE AN ISOTONIC OR HYPERTONIC SOLUTION?

Any SinuCleanse® Nasal Wash System can be used with the enclosed Saline packets to make either an Isotonic or Hypertonic solution. 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) |

An Isotonic solution creates a mild, less concentrated salt solution of 9 mg of Sodium Chloride per mL of water, which has a salt concentration similar to your body's and may be more comfortable to use for some people initially than a more concentrated Hypertonic solution.

A Hypertonic solution creates a higher, more concentrated salt solution which is similar to the salt content of ocean water.

FREQUENTLY ASKED QUESTIONS

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.

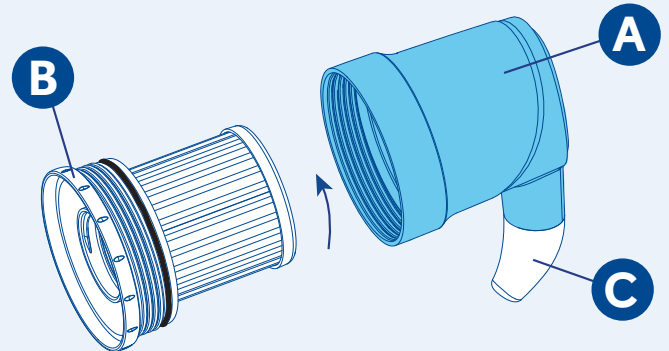
Is the Micro-Filtered System dishwasher safe?

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

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) 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.

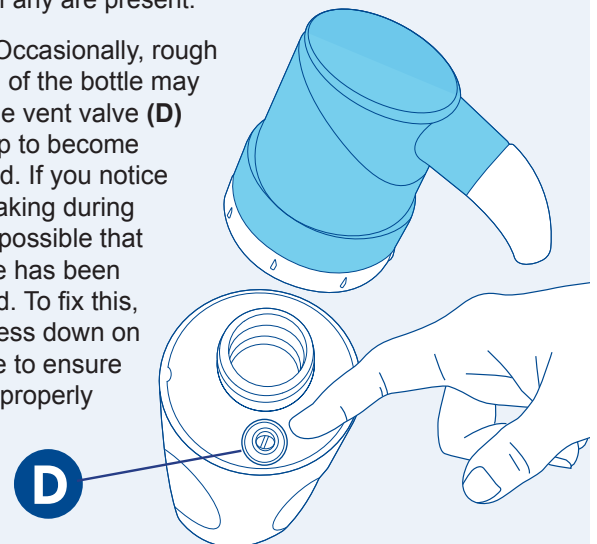
Comfort tip: Remove tip (C) and clean with mild soap and water and rinse.

Cap: Clean the outside of the cap (A) with mild soap and water and rinse. Reassemble filter cartridge and cap.

Place the **completely reassembled system** in a clean, dry place, ready for next use.

⚠ **Important:** Before next use, thoroughly inspect the filter media for any signs of damage or discoloration and discard if any are present.

Leaks: Occasionally, rough handling of the bottle may cause the vent valve (D) at the top to become dislodged. If you notice water leaking during use, it's possible that the valve has been disturbed. To fix this, firmly press down on the valve to ensure that it is properly seated.



FILTER DATA

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

Filter Type:
Mechanical Cyst Reduction Filter

Maximum Service Life:
50 gallons

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

Maximum Working Pressure:
5 psi

Maximum Operating Temperature:
100 degrees Fahrenheit

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>.

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.