

SinuCleanse®

BREATHE

Premixed
**SALINE
PACKETS**
For Nasal Wash Systems



DIRECTIONS FOR USE

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 Saline 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	Hypertonic Solution
1 (ONE) Saline Packets per 8 fl oz. (240 mL)	2 (TWO) 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.

www.sinucleanse.com