Instructions for use

Nasal Spray

What is Coldamaris prophylactic?
COLDAMARIS prophylactic is used for preventive and sustained moistening of the nasal mucosa. It has an anti-viral effect in the presence of a cold. COLDAMARIS prophylactic is suitable for every age group from the infant onward.

A dry and irritated nasal mucosa may result from general air pollution or frequent stays in places with a low relative air humidity such as heated or air-conditioned rooms, cars, trains or planes. Both factors – air pollution and low air humidity – cause drying of the nasal mucosa.

However, the filter function of the nose – that is, its ability to hold back particles in respiratory air (dust, pollen, allergens, etc.) – can only be performed by a moist nasal mucosa with a functioning and healthy ciliated epithelium. Physiological moisture supports the natural defence of the body against viruses and bacteria through the body’s own processes. Furthermore, Carragelose® hinders the spread and multiplication of cold viruses.

COLDAMARIS prophylactic contains no preservatives. The special spray system is provided with a sterile filter which ensures that the solution remains sterile even after repeated use.

What does Coldamaris prophylactic contain?
COLDAMARIS prophylactic is a transparent, colourless, viscous, odourless solution.
1 ml of the solution contains 1.2 mg Carrageenan (Carragelose®).
Carragelose® is a marine substance derived from red algae and acts against common cold viruses.

What are the properties of Coldamaris prophylactic?
After the nasal mucosa has been moistened with COLDAMARIS prophylactic, Carragelose® causes the formation of a coat of moisture on the nasal mucosa. This film has a physical protective function – it serves as a barrier against external influences.

The coat of moisture remains longer on the mucosa than an aqueous solution but without impairing the function of the ciliated epithelium. This layer prevents the spread and multiplication of common cold viruses.

Therapeutic indications – what is Coldamaris prophylactic used for?
• To prevent and treat viral infections of the respiratory tract. When used adequately and at the right time, COLDAMARIS prophylactic protects against colds and viral infections.
• For preventive and sustained moistening of the nasal mucosa.
• For prevention and supportive treatment of all complaints resulting from dry or irritated nasal mucosa, such as:
  - acute rhinitis, acute catarrhal sinusitis regardless of the case
  - Sicca syndrome (particularly after irradiation)
  - dry mucosa when staying in air-conditioned rooms or in areas of low air humidity
  - encrustation of nasal mucosa, for instance after surgery in the nose

Dosage and Method of administration
In what way and how frequently is Coldamaris prophylactic used?
Several times a day, depending on your individual requirements, spray a few times into the nose (overdosage is not possible). To prevent a cold, spray one dose 3 times daily into each nostril; at the first signs of a cold the dosage may be increased.

Remove the protection cap before use and pump a few times if necessary until a uniform atomised spray is discharged. COLDAMARIS prophylactic is now ready for use.
As far as possible, hold the bottle upright when spraying. In any case the suction tube must project into the fluid. If the function of the spray nozzle is impaired the pump mechanism should be operated several times in vertical position until the atomised spray starts to be emitted again. After use, please put the protection cap back on the nozzle.

When should Coldamaris prophylactic not be used?
In case of known hypersensitivity to any component of the substance.

Special precautions for safe use
COLDAMARIS prophylactic is absolutely safe and can therefore be used for a long period of time if necessary.
It may safely be used in any age group from the infant onward and also during pregnancy and lactation.
COLDAMARIS prophylactic is not a medicinal product! In case of persistent symptoms you must consult a doctor.
For hygienic reasons and to avoid transmission of pathogens, one spray bottle should be used by one and the same person only. Because of the special filter system the solution remains sterile even after repeated use. Therefore, COLDAMARIS prophylactic can be used until the date of expiry mentioned on the package.

Keep out of reach of children!

**Package size:**
Bottle containing 20 ml; 1 spray dose = 0.14 ml solution

**Shelf-life:**
36 months

**Storage instructions:**
Protect from light

**Manufacturer:**
MoNo chem-pharm Produkte GmbH, A-1200 Vienna

**Distributor:**
SIGMAPHARM Arzneimittel GmbH & Co KG, A-1201 Vienna