

nozoil®

NO MORE ITCHY NOSE!

Great
for colds!

Natural
comfort for
dry nasal
passages.

Great for
allergy
sufferers!



nozoil®
Nasal spray/Original

Natural comfort for dry nasal passages.
Dosage: Spray 1-3 times into each nostril three times daily.
Store below 25°C and protect from light.
Ingredients: Sesame oil, Phosphorylcholine, and eucalyptol.

nozoil®
Nasal spray/Menthol

Natural comfort for dry nasal passages.
Dosage: Adults and children 12 years and older: Spray 1-3 times into each nostril three times daily.
Store below 25°C and protect from light.
Ingredients: Sesame oil, Phosphorylcholine, menthol, and eucalyptol.

nozoil®
Nasal spray/Eucalyptol

Natural comfort for dry nasal passages.
Dosage: Adults and children 12 years and older: Spray 1-3 times into each nostril three times daily.
Store below 25°C and protect from light.
Ingredients: Sesame oil, Phosphorylcholine, and eucalyptol.

Nozoil Original

Natural comfort for dry nasal passages.

Nozoil is a natural, sesame oil-based spray that lubricates and soothes the nasal passages, eliminating itchiness, preventing the formation of dried nasal mucus and helping support your body's natural defences against flu.

Nozoil with Menthol

Great for colds!

Nozoil with Menthol and Eucalyptol is great when you have a cold. Menthol gives a cool sensation of nasal airflow due to stimulation of cold receptors and has antibacterial activity. Eucalyptol works gently to soothe inflammation and reduce irritation. Nozoil with Menthol and Eucalyptol makes breathing easier, keeps the nasal passages sufficiently lubricated and eases discomfort when you've got a cold.

Nozoil with Eucalyptus

Great for Allergy sufferers!

Nozoil with Eucalyptus is great for allergy sufferers. Eucalyptol works gently to soothe inflammation and reduce irritation. Nozoil with Eucalyptus keeps the nasal passages sufficiently lubricated to help minimize the adverse reactions allergies can cause.



Nozoil is a natural, sesame oil-based spray that lubricates and soothes the nasal passages, eliminating itchiness, preventing the formation of dried nasal mucus and helping support your body's natural defences against flu.

Applications

Nozoil has a preventive function and its lubricating and moisturizing characteristics serve to protect the mucous membranes of the nose. Nozoil can also help keep flu away. 70% of the germs entering the body do so through the nose. When your nasal passages are dry, irritated and itchy, you risk contamination if you pick or touch your nose.

Environments and situations in which it is suitable to use Nozoil:

- Dry air makes it easier for all the mucous membranes in the nose to dry out. Low relative humidity does not simply occur in the winter. It also characterises air-conditioned buildings, aircraft and cars throughout the year.
- Dusty, particle-rich environments also cause nasal problems.
- Increasing age is another reason for dry mucosa. Women frequently experience this after the menopause. Spending time in dry, particle-rich environments exacerbates the problem.
- Patients who undergo radiation treatment on the head and throat often experience problems with dry mucous membranes that are damaged by the radiation for a long time after the treatment.
- People who suffer from nosebleeds often develop dry crusts in the nose. They chafe and irritate and cause new nosebleeds.
- After surgery to the nose, the cilia sometimes work less effectively. Mucus gathers, dries and blocks the air passages.

- Dry air that irritates the mucosa and can be found in the chemical and mechanical industries, for example, can cause dry rhinitis. This condition can also be caused by picking the nose and as a sequela of a heavy cold. Treatment with moisturising Nozoil is frequently effective.
- Drugs that are administered via the nose, such as allergy medication, often dry out the nasal mucosa in conjunction with repeated use. Nozoil restores the normal moisture to the nasal mucosa.

Packaging

Nozoil is available in a 10 ml nasal spray. The brown glass bottle protects the contents from the light but still enables them to be seen. The cap prevents air getting into the oil.

Using the nasal spray applicator and pump, it is easy to reach different parts of the nose. The packaging ensures that no foreign particles can enter the bottle and contaminate its contents..

Use

Start by blowing your nose well. Then remove the plastic cap from the bottle. Pump a couple of times until the nasal oil is delivered in the form of a spray. This is particularly important before the nasal spray is used for the first time or when it has not been used for some time. Nozoil is an oil-based product. Avoid stains on wallpaper, walls and so on by pumping onto a piece of kitchen paper, for example, until the oil starts to come out of the bottle.

Put the tip of the pump into one nostril. Hold the bottle upright and pump two to three times.

Change the direction of the spray so that the oil reaches different parts of the mucosa. Inhale at the same time. The oil leaves the bottle in a fine spray and not as a cloud of spray. Dry the tip of the bottle after use and replace the plastic cap. It protects the oil from air and foreign particles that could contaminate the contents. Nozoil should be used within the period specified on the packaging.

Product safety – side-effects

No side-effects of sesame oil have been reported. Sesame oil has been used for centuries to lubricate mucous membrane and skin without any side-effects being seen. Sesame oil is also used in many of our foodstuffs, such as cooking oil and margarine.

For hundreds of years, liposoluble drugs that are administered intramuscularly in the form of injections have been dissolved in sesame oil. The reason is that sesame oil is resorbed (taken up) so well by the tissues and is then broken down by the body's own enzymes.

Sesame oil – declaration

Sesame oil is the active substance in Nozoil. The sesame oil in Nozoil is 100 per cent pure, with no additives. Sesame oil is produced by cold-pressing the ripe seeds of *Sesamum indicum*.

The preparation known as Nozoil Menthol also contains menthol and eucalyptol.

High vitamin-E content

Sesame oil has a very high content of vitamin E, an anti-oxidant. Sesame oil is the vegetable oil that contains the most vitamin E (alpha, beta and gamma tocoferol). Nozoil contains more than 70 mg of vitamin E per kg of oil.

High polysaturated fatty acid content

Pure sesame oil has a very high content of triglycerides, such as linol acid, which are needed to build up the membrane in the wall of cells.

No proteins

Allergies are caused by proteins. Nozoil contains no proteins.

Shelf life

Sesame has a very long shelf life as it contains highly anti-oxidative substances. When vegetable oils become old, they turn rancid and the peroxide content rises. Nozoil has a low peroxide value.

Other advantages

- Nozoil is a tried and tested product, developed in Göteborg in a partnership between



Sesame oil is extracted from the seeds of *Sesamum indicum*, a cultivated plant that has been grown and used for several centuries, in countries including India. Sesame oil is the earliest oil to have been described. It is mentioned on Assyrian cuneiform tablets and was imported in ancient times to Europe from India.

In 500 BC, the Indian physician Susruta described how sesame oil could cure most of the nasal diseases known at that time.

Sesame oil is also recommended as a moisturiser for dry nasal mucosa in a Swedish collection of prescriptions from 1927 and in a textbook on ear, nose and throat diseases from the Mayo Clinic in the USA, published in 1981.

- Professor Björn Petruson, ENT Clinic, Sahlgrenska University Hospital, and Pharmacure AB. Read more on our website: www.pharmacure.com
- Nozoil is free from preservatives. It is generally known that the long-term use of products containing preservatives can damage cells and tissues.
- As Nozoil is free from protein, the risk of allergic reactions or increased hypersensitivity is eliminated.
- In a clinical study of the epithelial cells of eight volunteers, it was shown that the ciliary beat frequency was not affected after one hour's exposure in vitro.
- Modern spray packages deliver the correct dose. Each 10 ml bottle corresponds to around 300 doses.
- Nozoil is available at pharmacies, a guarantee of quality and reliability. At a pharmacy, you can also obtain advice and tips on other Pharmacure products for nasal health.

The Nose Experts

Pharmacure Health Care AB are the Nose Experts. We develop, market and distribute pharmaceuticals and medical devices designed to enhance nasal health and comfort. 70% of the bacteria entering the body do so via the nose. Nasal health plays a vital role in protecting us and at Pharmacure we work hard to ensure the nose can function effectively, as it should do, at all times. With a range of products we support optimal nasal hygiene, promote healthy breathing through the nose and we treat nosebleeds. Our products are safe, effective and easy to self-administer. That's because we know noses and everything we develop is good for noses. That's our mission.



A Nozoil nose is a happy nose.