



Please read this leaflet carefully before using Breathe Right[®] Nasal Strips. If you have any questions, ask your doctor or pharmacist.

1 What is Breathe Right Nasal Strips and what is it used for?

Breathe Right Nasal Strips are flexible spring-like bands to gently lift and open nasal passages to allow for better airflow.
Drug free Breathe Right Nasal Strips are clinically proven to instantly open your nasal passages so you can breathe easier.
Breathe Right Nasal Strips can be used day or night for relief from stuffiness due to allergies or colds.

Use if you suffer from:

- Nasal congestion

Breathe Right Nasal Strips open the nose to help breathe better by providing temporary relief from nasal congestion and stuffiness which can be caused by colds and allergies.

Breathe Right Nasal Strips may provide temporary relief from symptoms of congestion or breathing difficulty due to nasal septal deviation. They should not be considered as an alternative to definitive surgical correction.

- Snoring

By allowing easier breathing through the nose instead of the mouth, Breathe Right Nasal Strips may help reduce or even eliminate snoring. For best results to relieve snoring, it is recommended to use nightly.

Breathe Right Nasal Strips can be used with any medicines.

2 How to use Breathe Right Nasal Strips

Disposable—use each strip only once. For single use only.
Can be used day or night.
Correct placement makes sure you get maximum performance. Be careful to place it neither too high nor too low.

The size is important, use the right size for best results. Small/medium nasal strips fit 75 % of noses, large nasal strips are for adults with a larger nose. Special spring-like band gently lifts open nasal passages. Use clear variant for dry/sensitive skin.



1
Clean: Wash and dry your nose to remove dirt and oils. (For oily skin, use an astringent).



2
Place: Remove the liner and place the strip on the nose.



3
Apply: Press down ends and rub gently to secure.

4
Remove: Remove your Breathe Right Nasal Strip while washing your face with warm water or when you're in the shower. Always remove the strip slowly. Loosen the ends then gently lift the strip from both sides. Remove your strip properly with water, to reduce the likelihood of skin reactions or injury.

3 For your safety

Warnings and precautions

- For external use only.
- Do not use over sores, sunburned or irritated skin.
- If rash or skin irritation occurs, discontinue use.
- Do not use more than 12 hours per day.
- For performance reasons the strips are for single use only. After removal, sticker loses stickiness and the strip will not remain in place.
- Keep the product out of the sight and reach of children.
- Not for children under 5 years of age.
- The paper pouch where the strips are packed may contain natural rubber latex which may cause allergic reactions.
- If in doubt about the use of this product, ask a healthcare professional.

DO NOT USE

If you are allergic to latex or to Breathe Right Nasal Strips.

Sleep Apnoea: Breathe Right Nasal Strips are not intended to treat Sleep Apnoea. Persons who have symptoms of Sleep Apnoea should consult their doctor. Some people may experience adverse reactions when using Breathe Right Nasal Strips. These may be application site reactions (e.g. erythema, irritation, pain, exfoliation, excoriation, bleeding, scab and discoloration) and hypersensitivity reaction including rash, pruritus and facial edema.

Any serious incident that has occurred in relation to this product should be reported to the manufacturer and the Health Products Regulatory Authority (HPRA) for Ireland or the Medicines and Healthcare Product Regulatory Agency (MHRA) for the United Kingdom.

It is important to report product incidents as this can help identify faults with this medical device and may prevent similar incidents happening again.

4 How to store Breathe Right Nasal Strips



Do not store above 30°C.
Store in the original packaging.

Please dispose of the product according to your local requirement and always consider the environment.

Do not use the product after the use-by date shown on the packaging.

5 Further information

The nasal strips are packed individually in wrappers and cold sealed with adhesive. The cold sealed wrappers are packed in cartons.



Caution: Before using the product, read carefully the instructions for use enclosed in the package.



Do not use if package is damaged.



Single use: Nasal strips are for single use.



Paper pouch around the strips may contain natural rubber latex.



Lot number: see carton.



Use by YYYY-MM



Manufacturer: Foundation Consumer Brands, LLC,
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Brandshapers Ltd, Ardavan, Co. Wexford, Y35 Y19A, Ireland.

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Medical Device

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