



### 1. Shake

Gently shake spray bottle.

Remove translucent cap.



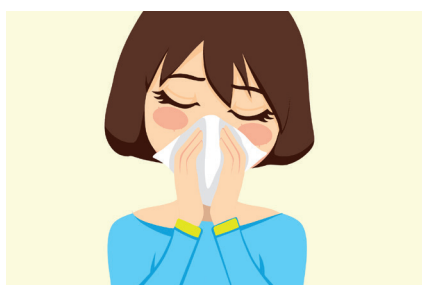
### 2. Prime

Do this when:

- Starting new bottle
  - Haven't used it in a week
  - Just cleaned nozzle
- Otherwise go to step 3

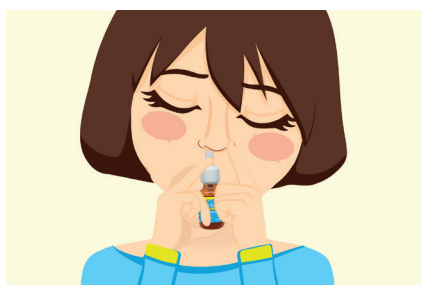
Aim away from face.

Grasp spray bottle as shown.  
Pump until fine mist appears.



### 3. Blow

Blow nose gently to clear nostrils.



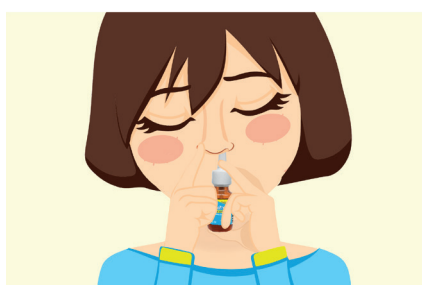
### 4. Aim

Close one nostril and put tip of spray nozzle in other nostril.



Put just the tip into your nose.

Aim slightly away from center of nose.



### 5. Breath and Spray

While sniffing gently, press down on spray nozzle once or twice (according to dosing instructions). You'll feel a light mist in your nose. Breathe out through your mouth.

Repeat in other nostril.

Wipe spray nozzle with clean tissue and replace cap.