



User's Guide

Congratulations on purchasing the technically advanced and innovative Nasal Cleansing Kit! Performing NasalCleanse as part of a daily hygiene regimen, you have an easy way to reduce your common bad breath each morning! Performing nasal cleanse three times a day has been clinically proven to reduce the duration of common cold and flu dramatically, as well as to relieve many sinus related problems. Use the dual-valve irrigator, you can perform a 4-way complete upper respiratory tract cleanse and significantly reduce backflow contamination, while the premium rinse mix can be used repeatedly without causing any side effects or irritation. Breathe better and have a natural healing with NasalCare!

[FDA Regulation]

Over the Counter Class 1 Exempt Medical Device, 510K No. K022293; 510K143620

[Mechanisms of Action]

The upper respiratory tract (nose and throat) is the first line of defense for the entire respiratory system. Natural air contains not only oxygen, but also dust and a variety of pathogens and pollutants. If harmful agents are not filtered and cleared out from your nasal cavities, they will cause sinus problems. As air pollutants, allergens, bacteria and viruses spread widely, stuffy noses are becoming a big problem for many people. Most medical treatments such as decongestants, steroid nasal sprays and pain relievers only treat the symptoms and have side effects, such as antibiotic-resistance, relapse of inflammation, or nasal bleeding. In contrast, NasalCare® NasalCleanse Kit removes the root causes of these diseases: air pollutants, allergens, bacteria, viruses, fungi and inflammatory factors generated from your nasal cavity. The product is developed based on patented anti-backflow technologies and is annually registered with the FDA. Nasal cleanse is recommended for the prevention and treatment of sinusitis by the American Academy of Family Physicians, American ENT and Immunology Societies, and many other medical organizations in North America, Europe and Japan. A breakthrough clinical study found that cleansing your upper airway with NasalCare 3 times a day dramatically reduce the severity and duration of the common cold.

[Structure and Features]

The kit contains a patented nasal irrigator and premium nasal rinse mix packets. The irrigator is composed of a bottle with a cap that links to a tube, a pair of one-way air and liquid valves, and a one-size-fit-all nostril fitting. The nasal irrigator is hand-squeezed to gently force the washing solution flow into the nasal passages, sinuses and throat. The one-way liquid valve permits the fluid to flow into the nostril, but not allowing backflow into the bottle. The liquid valve reduces the risk of the solution back-flowing into the bottle. The one-way air valve allows air to flow into the bottle preventing negative pressure from crushing the bottle. This enables the solution to continually flow into the sinuses for an efficient, simple, comfortable and more thorough cleaning process. The force of the liquid is controlled by the user. The all-natural, drug-free premium nasal rinse mix is composed of sea salt, sodium bicarbonate, sodium citrate, citric acid and Aloe extract. Dissolving the mix with lukewarm sterile water, creates a solution that is similar to your natural nasal secretions. The solution is used to clean nasal and sinus cavities as well as throat, moisten nasal membranes, and enhance cilia movement and natural nasal secretion. This unique solution not only ensures maximum comfort during the irrigation process but also provides a pleasant, soothing, and fresh sensation. Clinical studies have found that citric acid and sodium citrate can help to improve your sense of smell. The mix shouldn't cause stinging or burning and is safe for pregnant women and children, as young as five years old.

[Indications]

Remove microbes from upper airway, rinse away solidified mucus formed from nasal secretions and inhaled pollutants in dusty environments; clean nasal-sinus cavities before and after nasal surgeries; clean nasal-sinus cavities before and after chemotherapy or radiotherapy of nasal nasopharyngeal tumors; medically clean and treat rhinitis and sinusitis; clean nasal membrane to prevent infection by microorganisms in the nasal secretions; protect nasal-sinus membranes from occupational exposures to dusts and irritants, alleviate symptoms of Cold-Flu, nasal allergy, rhinitis and sinusitis, and post nasal drip.

[Side Effects]

No clinically or users reported significant side effects. Some users experience that the residual solution left in nasal cavities post irrigation. This is harmless.

[Warnings]

1. Use only lukewarm sterile, distilled, previously boiled & cooled water with device.
2. Never use water that is too hot or too cold.
3. Never use pure water (without mix) to wash nose.
4. Never use table salt with iodine to make washing solution. Do not laugh or talk while the liquid is flowing through the nasal passages.
5. Do not rinse nose if you have an ear infection without seeing your physician.
If you feel any pressure in your ears, stop washing and consult your physician.

6. Do not share your nasal irrigator with others to avoid cross contamination.
7. If you have frequent nose bleeds, you should consult your doctor before performing nasal irrigation.
8. The product is intended for use by adults and children five years and older. Children younger than five should consult a physician.
9. If you are allergic to Aloe, please consult physician before using.
10. If problems persist and/or worsen, please visit physician.

[Directions]

1. (Before your first use, please thoroughly wash irrigator with soap and water)
Wash your hands with soap and water. Unscrew the cap from the irrigator while making sure the tube is inserted firmly onto the liquid valve under the cap.
2. Fill the irrigator with lukewarm distilled, previously boiled, or sterile water to the full (top) line. If the irrigator is an 8 Oz (240 mL) size, then use the refill packet of Type 3.5G. If the irrigator is a 6 Oz (180 mL) size, then use the refill packet of Type 2.6G. If you prefer to make isotonic solution, you can add the refill packet of Type 2.6G into the 8 Oz (240 mL) irrigator. If you like to make the hypertonic solution, you can add the refill packet of Type 3.5G into the 6 Oz (180 mL) irrigator.

Next, open one (1) Premium Nasal Rinse Mix Packet and pour entire content into water. Screw the cap tightly onto the bottle and gently shake until mixture is completely dissolved. Note: The bottle filled with solution can be warmed in a microwave oven without the cap. The time needed to warm solution varies depending on the make/model of your microwave. We recommend warming in increments of no more than five (5) seconds so that excessive heating is avoided. Over-heating will damage the bottle and may cause your body damage. Here is the 4-way complete cleanse of your upper airway:

Step 1. Bend over a sink and lower your head down (or you may choose to perform irrigation in your shower). Firmly place the nostril fitting snugly into one nostril. Gently squeeze and release the bottle repeatedly, in about half second spurts, allowing the solution to flow into your nasal cavity and out the opposite nostril. Please do not squeeze the bottle all the way in one motion; this may interfere with air valve function. Next, gently blow your nose to get rid of any excess mucus and/or residual liquid.



1. Open the irrigation device, add 240ml warm sterile water.



2. Add the pre-mix in the packet into the bottle, then cap it tightly.



3. Shake the bottle gently to make the pre-mix totally dissolved in the water.



4. Insert the nostril fitting tightly into your nose, gently squeeze and release the bottle, the solution will flow into your upper airway.



5. Slightly open your mouth. Use your hand to squeeze the bottle to make cleaning fluid flow into the nasal cavity. Squeeze & release every 0.5 second.



6. Repeat the procedure in the other nostril. You then can "inhale" to let the liquid to flow into your throat and mouth. Your upper airway can be completely cleansed.

Step 2. Repeat step 1 in opposite nostril.

Step 3. Firmly place the nostril fitting snugly into your left nostril and continually squeeze and release the bottle to let the solution fulfill of your left nasal passage. Inhale/sniff slightly. The solution will flow to your throat and end in mouth. Spit out.

Step 4. Firmly place the nostril fitting snugly into your right nostril and repeat what you did in step 3. When your nasal cavity is congested, you can try to perform upper airway cleanse by doing Steps 3 and 4, not Steps 1 and 2. This is very different from using any neti pot, as when nasal congestion occurs, neti pot cannot be used due to its nature of driving fluid through gravity. When the nose is congested, neti pot is useless. Removing residual water: To release the residual water left in your sinuses, bend over and point your nose toward your knees, gently shake your head, then raise your head slowly. Some residual water will drop out. Repeat this head up and down action a few times as needed.

[Maintenance]

After performing each nasal washing, rinse the bottle and cap completely with soap and water. Pump water out of the bottle so the irrigator will be clean. Make sure to leave the cap open and allow all parts to air dry. The irrigator can be reused for 6 months or longer.

[Return Policy]

If you haven't noticed a benefit after using NasalCare for five times, you can receive a full refund of your purchase price. Please mail back to the manufacturer (not to your retailer) along with your original receipt to:
DrNaturalHealing, Inc. 111 McCoy Street, Milford, DE 19963.

For more information, please contact the Manufacturer at

[Telephone] 1-888-658-8108

[Email] info@drnaturalhealing.com