

## NEWS RELEASE

# SinuCleanse®

SAFE AND IMMEDIATE SINUS RELIEF  
NATURALLY

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## FACT SHEET

### *The SinuCleanse® System*

#### **What is the SinuCleanse® system?**

The SinuCleanse system is a gentle, effective nasal wash for adults and children who suffer from sinus and nasal problems. Developed by a leading ear, nose, and throat physician, it helps to relieve symptoms caused by sinus infections, allergies, and the common cold, including: congestion, irritated nasal passages, nasal drainage, post-nasal drip, cough, and sinus headaches.

Simply dissolve the natural saline solution ingredients in the SinuCleanse neti pot or Squeeze™ bottle and gently wash your nasal passages. Soothe and moisten your sinuses, improve your breathing, and feel better naturally, without drugs and without drug side effects.

#### **When would I use the SinuCleanse system?**

For some people, using the SinuCleanse system is as routine as brushing their teeth. Others use the system for specific purposes:

- **Nasal congestion relief:** due to colds, flu, allergies, sinusitis, dry air, and rhinitis of pregnancy.
- **Allergy relief:** relieves nasal congestion as it washes away inhaled irritants such as pollen, pet dander, dust, and dirt.
- **Dry air relief:** moistens and refreshes dry nasal passages caused by heated or air-conditioned air. It also washes inhaled dirt and contaminants from the nasal passage.
- **Post-nasal drip relief:** Relieves post-nasal drip and the constant throat clearing, coughing, and bad breath that go along with it.
- **Rhinitis of pregnancy relief:** Due to hormonal changes during pregnancy, many women suffer from nasal congestion. The SinuCleanse system offers drug-free relief of nasal congestion naturally and safely.
- **Drug-free relief:** Relieves symptoms without drugs, drug side effects, or drug interactions.

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### **How does the SinuCleanse system work?**

The sinuses are lines with cells that produce mucus and transport it out of the sinuses into the nose, and then propel it backwards down the throat to be swallowed. The average adult produces one quart of mucus in their sinuses daily, which serves to keep the nose and sinuses moist and to trap inhaled irritants. As long as the mucus remains thin and watery, it will flow easily along its course. However, mucus that becomes thick can pool in the sinuses or in the nose, leading to the familiar congestion, drainage, headache, cough, and post-nasal drip. Mucus that remains stagnant provides fertile ground for infection by bacteria.

The solution used to irrigate the nose is important – the cells lining the nose and sinuses are delicate. The natural saline solution used with the SinuCleanse system was developed by a leading ear, nose, and throat physician. It has been shown to improve the function of the nasal lining and speed up the transport of mucus through the nose. It is completely natural and contains no potentially harmful additives such as preservatives, anti-caking agents, or iodine that are commonly found in most saline solutions. Each SinuCleanse system comes with 30 pre-mixed and pre-measured packets of ingredients for the SinuCleanse Natural Saline Solution. Additional packets are available in a convenient 60-packet box.

### **How do I use the SinuCleanse system?**

The SinuCleanse system is not difficult or complicated to use, but it may seem unusual at first. Most people find the experience soothing once they get started. The SinuCleanse system comes complete with illustrated instructions. In addition, we offer a short video describing basic sinus anatomy and disease and demonstrating how to use the SinuCleanse system at [www.sinucleanse.com](http://www.sinucleanse.com).

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