

**SINUCLEANSE SQUEEZE- sodium bicarbonate, sodium chloride
ASCENT CONSUMER PRODUCTS, INC.**

Disclaimer: This drug has not been found by FDA to be safe and effective, and this labeling has not been approved by FDA. For further information about unapproved drugs, click here.

Purpose

Nasal Wash

Uses

Temporarily relieves symptoms associated with sinusitis, cold, flu or allergies

-Sneezing

-Nasal Stuffiness

-Runny nose

-Post nasal drip

Removes inhaled irritants (dust, pollen)

Removes nasal and sinus drainage

Helps reduce swelling of nasal membranes

Moisturizes dry nasal passages

Keep out of reach of children

Warnings

Stop use and ask a doctor if washing is uncomfortable or symptoms are not relieved.

Do not use unfiltered tap water. see instructions inside box for proper water sources

Do not use if nasal passages are completely blocked or if you have an ear infection or blocked ears.

Directions

Adults and children 4 years and over: Use 1-2 packets per 8 fl oz (240 mL) up to every 2 hours as needed.

Children under 4 years: Consult a physician

See enclosed instruction sheet for complete directions and proper use.

Other Information

-Inspect saline packets for integrity

- Do not use saline packets if open or torn
- Protect saline packets from excessive heat and moisture
- See saline packets or box for lot number and expiration date

Questions?

1-888-547-5492

Active ingredients

(in each packet)

Sodium Bicarbonate USP (700 mg)

Sodium Chloride USP (2300 mg)

Inactive Ingredients

None

Instructions for Use of the SinuCleanse Squeeze

Directions: Read through entire section before using for the first time.

1. Remove the cap from the SinuCleanse Squeeze bottle.
2. Pour the pre-mixed saline dry ingredients into the SinuCleanse Squeeze Bottle. First-time users should start with 1 packet of the saline dry ingredients. As you become more accustomed to the system, work up to using 2 full packets. Additional packets may be purchased from your nearest pharmacy.
3. Fill the bottle with a proper water source * leaving approximately 1/2 inch of air at the top of the bottle. This makes 1 cup (8 oz.) of solution.
4. Tighten the cap on the bottle securely, place one finger over the tip of the cap and gently shake the bottle until the dry ingredients have completely dissolved.
5. Lean over the sink with your head bent down so you are looking directly into the basin. Place the tip of the cap up to the right nostril and gently insert the tip so that it forms a comfortable seal. Aim the tip at the back of your head, not at the top of your head.
6. Squeeze the bottle gently so that the solution enters the right nostril. Do not inhale or "snort" the solution into the nose - breathe through your mouth.
7. In a few moments the solution will begin to drain out of the left nostril. Continue to squeeze the bottle gently until you have used approximately half of the solution.

8. Remove the tip of the bottle from your nostril, then exhale through both nostrils to clear them of excess mucus and solution. Gently blow your nose into a tissue.
9. Repeat the procedure on the left nostril with the remaining solution.
10. A small amount of solution will remain at the bottom of the bottle. Discard the remaining solution.
11. Thoroughly rinse the bottle after each use with water that has been distilled, sterilized, filtered or previously boiled and leave the bottle open to air dry completely. The SinuCleanse Squeeze Bottle is also top-rack dishwasher safe.

Hints for a more comfortable nasal wash

- Begin using the SinuCleanse System slowly. A full pot or bottle of solution on each side is not necessary to receive the full benefit.
- If the solution is too warm or too cold, the nasal wash will be uncomfortable.
- If stinging or irritation occurs, try using 1/2 of a packet of dry ingredients for the Neti Pot or 1 packet per Squeeze Bottle of the saline dry ingredients. Gradually work up to using the solution at full strength. Do not use less than 1/2 packet for the Neti Pot or 1 packet per Squeeze bottle.
- If you experience ear discomfort after use, try to blow your nose more gently after the wash. If the problem persists, the openings of your Eustachian tubes may be particularly wide and the use of the SinuCleanse System may need to be discontinued.
- Breathe continuously through the mouth when using the SinuCleanse system to avoid solution draining from the back of the nose into the mouth.
- Some people experience irritation of the skin just inside the nostrils with repeated nasal washing. Applying a thin layer of aloe to the inside of the nostrils before or after the nasal wash will be soothing.

ACP #: 00-40530-101-02
 Ascend Consumer Products
 SinuCleanse Squeeze R13
 4/15/2014

SinuCleanse®
Products
Natural Soothing Relief for Nasal Congestion & Sinus Symptoms

Squeeze
Nasal Wash Bottle

Developed and Recommended by a Leading Ear, Nose & Throat Physician

NEW PACKAGING

Relieves Symptoms from:
Nasal Congestion - Sinusitis and Rhinitis
Sinus Pressure - Cold and Flu - Nasal Dryness - Allergies

The SinuCleanse® Squeeze Nasal Wash System provides its patented ergonomic designed Squeeze bottle that allows you to control the flow of the all-natural SinuCleanse® Saline solution, while its anti-backflow technology and wide-mouth design help to prevent contamination and allow for easy filling and cleaning. In addition its clear-view design enables you to view the water level and make sure the saline is completely dissolved prior to nasal washing. The SinuCleanse® Squeeze bottle has a comfortable tip, to fit every nose.

The SinuCleanse® Pharmaceutical Grade Saline Packets contain all-natural, preservative free, ultra-fine salt granules which dissolve instantly, making nasal washing comfortable and easy.

SinuCleanse® products are medically proven to be safe and effective, and recent studies have shown that when used regularly, may reduce the duration and frequency of cold and flu symptoms. Nasal washing regularly also promotes long-term sinus health by moisturizing dry nasal passages, and aiding in the removal of nasal irritants such as; dust particles, pollen, and other debris, keeping nasal passages clear, allowing you to breathe easier.

SinuCleanse® Products utilize the highest quality ingredients and are made & assembled in U.S.A. FDA Registered Facilities to ensure Quality, Safety and Effectiveness.

Should I use an Isotonic or Hypertonic Solution?
 SinuCleanse® Pharmaceutical Grade Saline Packets can be used as either Isotonic or Hypertonic solutions. Check with the guide below or consult with your physician for best use.

An Isotonic solution creates a mild, less concentrated salt solution of 9 mg of Sodium Chloride per ml. of water, which has a similar salt concentration of your body and may be more comfortable to use for some people initially, than a more concentrated Hypertonic solution.

A Hypertonic solution creates a higher more concentrated salt solution which is similar to the salt content of ocean water.

Isotonic Solution	1 SinuCleanse® Saline Packet per 8 fl. oz. (240mL)
Hypertonic Solution	2 SinuCleanse® Saline Packets per 8 fl. oz. (240mL)

Important Note: SinuCleanse® Saline Packets contain 3 grams of pharmaceutical grade salt. Using the calculations in the chart above, you can prepare either an Isotonic or Hypertonic Solution. Since contents of other manufacturer's Salt Packets may vary, please check with their directions for Isotonic or Hypertonic use.

Look for our other SinuCleanse® Products, or visit us online at www.sinucleanse.com

SinuCleanse® Gentle Style Net Pot SinuCleanse® Refill Saline Packets (60 & 100 Count)
 Money Back Guarantee If Returned Within 90 Days From Date Of Purchase

30 All-Natural Pharmaceutical Grade Saline Packets NET WT 0.1 OZ (3 g) each | 1 Squeeze Nasal Wash Bottle

Clear, Easy to View Design
Clinically Proven Safe & Effective
100% All-Natural, & Preservative Free
BPA, Latex & Gluten Free
Hypertonic or Isotonic use (see side panel for instructions)

A Safe and Easy Way to Breathe Better... Naturally

MADE IN U.S.A.

SinuCleanse®
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Natural Soothing Relief from Nasal Congestion & Sinus Symptoms

Squeeze
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Clear, Easy to View Design
Clinically Proven Safe & Effective
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BPA, Latex & Gluten Free
Hypertonic or Isotonic use (see side panel for instructions)

A Safe and Easy Way to Breathe Better... Naturally

MADE IN U.S.A.

Drug Facts

Active ingredients (in each packet)	Purpose
Sodium Bicarbonate USP 700 mg Sodium Chloride USP 2300 mg	Nasal Wash

Uses
 Temporarily relieves symptoms associated with sinusitis, cold, flu or allergies:

- Sneezing
- Runny nose
- Nasal stuffiness
- Post nasal drip
- Removes inhaled irritants (dust, pollen)
- Promotes nasal and sinus drainage
- Helps reduce swelling of nasal membranes
- Moisturizes dry nasal passages

Warnings
 Stop use and ask a doctor if washing is uncomfortable or symptoms are not relieved.
 Do not use unfiltered tap water, see instructions inside box for proper water sources.

When using this product:
 ■ Use by only one person
 ■ Wash with soap and water after each use
 ■ Top rack of dishwasher safe
 ■ Do not heat in microwave
 Keep out of reach of children

Directions

Adults and children 4 years and over:	Use 1-2 packets per 8 fl oz (240 mL) up to every 2 hours as needed
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Inactive ingredients
 None

Questions?
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EXP. DATE/LOT

MADE IN U.S.A.

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SINUCLEANSE SQUEEZE

sodium bicarbonate, sodium chloride kit

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:42829-405
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Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:42829-405-30	1 in 1 KIT	02/01/2015	

Quantity of Parts

Part #	Package Quantity	Total Product Quantity
Part 1	30 PACKET	90000 mg

Part 1 of 1**SINUCLEANSE**

sodium bicarbonate, sodium chloride powder, for solution

Product Information

Item Code (Source)	NDC:42829-401
Route of Administration	NASAL

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
SODIUM CHLORIDE (UNII: 451W47IQ8X) (SODIUM CATION - UNII:LYR4M0NH37)	SODIUM CHLORIDE	2300 mg in 3000 mg
SODIUM BICARBONATE (UNII: 8MDF5V39QO) (SODIUM CATION - UNII:LYR4M0NH37, BICARBONATE ION - UNII:HN1ZRA3Q20)	SODIUM BICARBONATE	700 mg in 3000 mg

Inactive Ingredients

Ingredient Name	Strength
WATER (UNII: 059QF0KO0R)	

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:42829-401-01	3000 mg in 1 PACKET; Type 1: Convenience Kit of Co-Package		

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
unapproved drug other		04/01/2013	

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Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
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unapproved drug other		02/01/2015	
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Labeler - ASCENT CONSUMER PRODUCTS, INC. (078396381)

Revised: 1/2025

ASCENT CONSUMER PRODUCTS, INC.