

## **Aller-Go-nasal spray Allergic rhinitis spray**

Medical device instructional leaflet

**Carefully read the whole leaflet before using the Aller-Go-nasal spray as it contains important information.**

- Do not throw away this leaflet! You may need to refer to it later.
- Consult your pharmacist for additional information or advice.
- Consult your doctor or pharmacist if you are experiencing any side effects, including side effects that are not mentioned in this leaflet. See Section 4.
- Consult your doctor if the side effects do not disappear or are getting worse.

**This instructional leaflet contains the following information:**

1. What is the Aller-Go-nasal spray and what is it used for;
2. What you need to know before using the Aller-Go-nasal spray;
3. How to use the Aller-Go-nasal spray;
4. Possible side effects;
5. How to store the Aller-Go-nasal spray;
6. Package contents and additional information.

### **1. What is the Aller-Go-nasal spray and what is it used for**

The Aller-Go-nasal spray is used as a preventive treatment of allergic rhinitis (also known as hay fever) and chronic allergic rhinitis, and as a treatment of the associated symptoms.

Hay fever is an allergic reaction during certain seasons. It is caused by breathing in the pollen released by trees and plants, as well as the spores released by fungi. Chronic allergic rhinitis is active throughout the year; the symptoms are caused by sensitivity to house dust mites, animal fur or dandruff and bird feathers.

The Aller-Go-nasal spray is a hypertonic solution that contains natural polymers. It covers the nasal mucosa with a moisturising layer, protecting against external factors (such as pollen, dust mites, cat hair, etc.) that are known to cause allergic rhinitis. This layer serves as a physical barrier against external impact. The protective layer lasts up to 6 hours or until secretion is released from the nose. You may start using Aller-Go-nasal spray before the start of the pollen season as it will help to avoid or reduce the symptoms associated with hay fever.

Using the Aller-Go-nasal spray helps to reduce nasal oedema, congestion, running nose, sneezing, itching and watery eyes. The Aller-Go-nasal spray helps to moisturise dry and irritated nasal mucosa.

The Aller-Go-nasal spray is corticosteroid- and antihistamine-free.

The product's effectiveness is scientifically proven.

### **2. What you need to know before using the Aller-Go-nasal spray**

**Do not use the Aller-Go-nasal spray if:**

- you are allergic to any of the product ingredients listed in Section 6.

### **Safety precautions**

Avoid contact with eyes! In case of accidental contact of the Aller-Go-nasal spray with the eyes, immediately rinse open eyes in running water.

### **Children and adolescents**

Suitable for children over 3 years old.

### **The Aller-Go-nasal spray and other medications**

The Aller-Go-nasal spray may be used in combination with other medications.

### **Pregnancy and breastfeeding**

The Aller-Go-nasal spray is safe to use for pregnant and breastfeeding women.

## **3. How to use the Aller-Go-nasal spray**

### **Adults and children (ages 12 and up)**

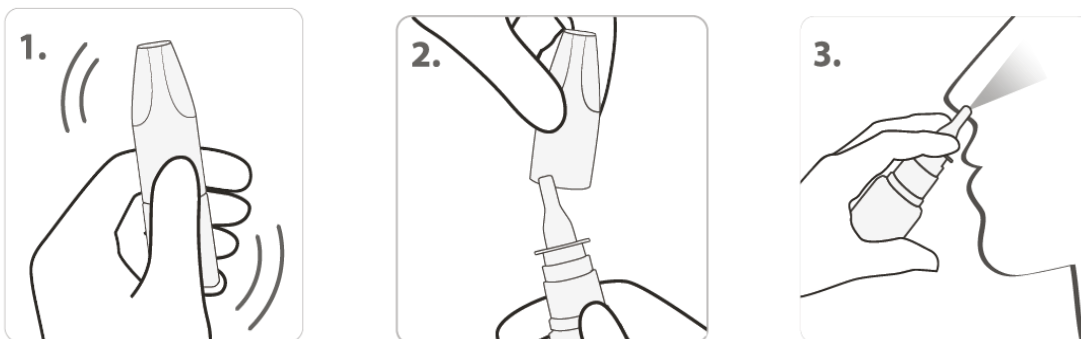
Spray 1-2 doses in each nostril 2-3 times per day to use as a preventive treatment.

It is recommended to spray 1-2 doses in each nostril 3-4 times per day to reduce the symptoms of allergic rhinitis.

### **3-11 year-old children**

Spray 1 dose in each nostril 2-3 times per day to use as a preventive treatment.

It is recommended to spray 1 dose in each nostril 3-4 times per day to reduce the symptoms of allergic rhinitis.



1. Gently clear the nose.
2. Carefully shake the bottle and remove the cap (see Figures 1-2).
3. When using for the first time, prepare the solution by gently shaking the bottle, removing the cap and pressing down on the spray mechanism 5 times while pointing it away from your body until the solution sprays as a uniform mist.
4. Hold the bottle vertically! Insert the spray tip in the nostril, guide the tip towards the wing

of the nose (see Figure 3) and spray the solution.

5. Clean the spray tip with a clean tissue after use and put the cap back on.  
This product is intended for individual use.

**If you forgot a dose of the Aller-Go-nasal spray**

If you forget a dose of the Aller-Go-nasal spray, use the spray as soon as you remember to do so, and continue using as before.

Ask your pharmacist if you have any questions about the use of the Aller-Go-nasal spray.

**4. Possible side effects**

Allergic reactions are possible on rare occasions.

**Reporting side effects**

Consult your doctor or pharmacist if you experience any side effects, including side effects that are not mentioned in this leaflet.

You may also report side effects directly to the manufacturer: info@silvanols.lv, phone: 67142829.

By reporting on side effects, you are contributing to the information on the safety of this product.

**5. How to store the Aller-Go-nasal spray**

Keep in a dry place out of the reach of children. Store tightly sealed in the original packaging at room temperature (15–25°C). Use within 3 months after opening. Do not use after the expiration date indicated on the package.

**6. Package contents and additional information**

**Ingredients of the Aller-Go-nasal spray**

Ingredients: purified water, glycerine, sodium chloride, phenoxyethanol, sodium alginate, sodium hyaluronate, lactoferrin, ethylhexylglycerin, potassium sorbate, peppermint oil.

**External appearance and packaging of the Aller-Go-nasal spray**

10 ml/20 ml labelled bottle with spray and cap packaged in a cardboard box with an added instructional leaflet.

Each bottle contains 70 (10 ml) or 140 (20 ml) doses.

All package sizes may not be available on the market.

**Manufacturer**

SILVANOLS, Ltd., 2A Kurbada Street, Riga, LV-1009, Latvia. www.silvanols.com

**PROTECT YOURSELF AGAINST ALLERGIC RHINITIS!**