

Snore Calm Herbal Spray Trials

Summary of Trial Comments

	Trial 1 participants comments	Trial 2 participants comments	Trial 3 participants comments	Trial 4 participants comments	Total participants in trial	Total %
Good - more spray requested	2	12	6	6	26	29
Very definite improvement	8	11	9	9	37	42
No improvement	5	4	3	8	20	22
Abandoned	4	0	2	0	6	7
Total in trials	19	27	20	23	89	100
Total success rate %						71

Participants in each of the 4 trials used the nasal spray morning and night for 30 days.

They were asked to complete a questionnaire at the end of the period indicating the improvement in their snoring.

71% of participants said 'good' or 'very definite improvement' in their snoring. Results of the trials suggest that Snore Calm herbal spray is useful for those snorers who suffer palatal flutter, nasal stuffiness, sinusitis and catarrhal problems.

Data collection is ongoing for further analysis.

Product safety

The formulation was proposed by a Member of the Institute of Medical Herbalists in February 1992. The only adverse side effect found in one subject during our trials was epistaxis (nose bleeds). This is a commonly documented side effect with all nasal sprays.