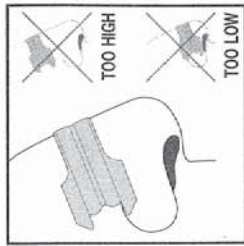


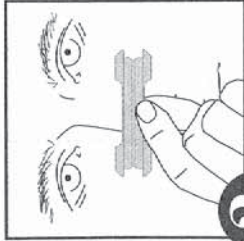
# INSTRUCTIONS



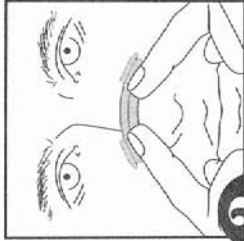
This is how the strip should be placed for best results.



**1** Wash and dry your nose.



**2** Remove protective liner and apply as shown.



**3** Gently rub to secure.



Remove SLOWLY. Do this while washing your face or showering with warm water. Loosen the ends, then gently lift both sides.

**Congestion:** Breathe Right nasal strips can provide instant, drug-free relief from nasal congestion.

**Snoring:** Breathe Right nasal strips can reduce or eliminate snoring by relieving nighttime nasal congestion. Allow one week of continuous use to gauge improvement.

**Sports:** By improving nasal breathing Breathe Right strips can reduce heart rate and improve heart/lung efficiency.

## Helpful Hints

- Get the right size for the best results.
  - Small/Medium - for adults with average or smaller noses, or for adolescents.
  - Large - for adults with larger noses.
- Do not touch adhesive.
- Use an astringent to clean oily skin.
- If skin is dry after use, try a skin moisturizer.
- For sensitive skin: Try a drop of lotion under the center of the strip (only the ends need to adhere for the strip to work).
- For exercise/sports: Apply 30 minutes before you begin to improve adhesion when you perspire.



## How they work.

- Two flexible pieces gently lift upwards.
- Special adhesive comfortably secures strip.
- Nasal passages are "lifted" open.



**FOR SINGLE USE ONLY**

EU Auth. Rep., MDSS GmbH,  
Burchardtstr. 1, D-30163  
Hannover, Germany



Manufactured by CNS, Inc.,  
Minneapolis, MN 55439  
© 2000, CNS, Inc. 102060

