



# Boots Pharmaceuticals Dual Defence Micro-gel nasal spray

## Introduction

The most common route of infection for colds and flu is through the nose. Cold and flu viruses enter the nose and attach to the nasal lining, where they multiply and spread. This then leads to symptoms, such as a stuffy or runny nose, sore throat, headache and coughing. In the early stages of a disease you often cannot distinguish between the common cold and influenza. Influenza is a potentially serious disease; the definitive diagnosis requires a doctor.

Boots Pharmaceuticals Dual Defence can be used to help treat cold and flu-like symptoms caused by viruses, such as rhinovirus, coronavirus.  
Boots Pharmaceuticals Dual Defence can be used as a precaution to sustainably moisten the lining of the nose.

## Therapeutic indications – What is Boots Pharmaceuticals Dual Defence used for?

Boots Pharmaceuticals Dual Defence can shorten the duration and severity of cold and flu-like symptoms.  
Boots Pharmaceuticals Dual Defence can help stop the reappearance of virus-related cold and flu-like symptoms.  
Boots Pharmaceuticals Dual Defence works by moistening the nasal lining when it is dry or irritated. Boots Pharmaceuticals Dual Defence can be used to help prevent and support treatment of all complaints resulting from a dry and irritated nasal lining.

For use in adults and children from one year.

## What does Boots Pharmaceuticals Dual Defence contain?

Boots Pharmaceuticals Dual Defence is a clear, colourless, viscous solution without odour. 1 ml of sodium chloride solution contains 1.2 mg iota-carrageenan (Carragelose®) and 0.4 mg kappa-carrageenan, sodium chloride and purified water. Carragelose® is a natural active ingredient derived from marine red algae.

Boots Pharmaceuticals Dual Defence contains no preservatives. A sterile filter guarantees the sterility of the solution even after repeated use.

## What are the properties of Boots Pharmaceuticals Dual Defence?

Air with low humidity can lead to the lining of the nose being dry. However, the nose is only able to fulfil its filtering function if the lining of the nose remains moist.  
Boots Pharmaceuticals Dual Defence forms a moisturising protective film over the nasal cavity. The liquid-gel layer acts as a physical barrier against external influence such as cold viruses, and a shield to moisten the nasal lining to help stop cold and flu-like symptoms.

## How to Use

At the first sign of cold and flu-like symptoms, e.g. tingling or runny nose, spray one puff into each nostril at least three times a day. Continue until the symptoms have stopped. For prophylaxis to moisten dry nasal passages spray a few puffs into the nostrils several times a day. If you blow your nose you may reapply, since the special gel that forms and coats the lining of the nose needs to stay in place in order to work.

BDDN-GB20-BP-02



Spray

Trap & shield

Remove safely

1. Remove cap and, while holding the bottle upright, spray into the air until a uniform mist is released.
2. In order to avoid injury, insert the spray head carefully and not too deep into the nose! Tilt the head forward and spray one puff into one nostril while holding the other nostril closed.
3. Repeat with the opposite nostril.
4. Replace protective cap after use.

## When should Boots Pharmaceuticals Dual Defence not be used?

If you are allergic to any of the ingredients of the product.

## Possible side effects of Boots Pharmaceuticals Dual Defence / Interactions with other products

In a clinical study with 35 participants one study participant experienced dry mouth and another study participant reported puffy eye lids. These side effects were possibly related to the product. Studies on side effects and interactions with other products have not been performed.

## Special precautions for safe use

Influenza is a potentially serious illness; Boots Pharmaceuticals Dual Defence does not replace the need for an influenza vaccination.  
Boots Pharmaceuticals Dual Defence has a local action and is not absorbed by the body.  
Boots Pharmaceuticals Dual Defence can also be used during pregnancy and breast-feeding.  
Boots Pharmaceuticals Dual Defence is not a medicine! **When fever occurs and/or symptoms persist for more than one week, you should definitely consult a doctor.**  
For hygienic reasons and to avoid the transmission of pathogens, one spray bottle should always be used **by one and the same person**. Keep out of sight and reach of children!

## Package size

20 ml bottle with nebuliser; 1 spray = 0.14 ml of solution

## Shelf life

36 months  
Due to the special filter system, the solution remains sterile even after repeated use.  
Boots Pharmaceuticals Dual Defence can be used for 12 months after first use.

## Storage instructions

Store between 5°C and 30°C  
Protect from light.

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Text revised 11/16

CE 0482

STERILE A

## Key to symbols used

- STERILE A** Sterilised using aseptic processing techniques
- 5°C - 30°C Storage Temperature Limit (5°C -30°C)
- Keep away from sunlight
- Manufacturer
- Consult Instructions for use
- LOT** Batch Code
- Use by date

## ARTWORK ONLY

Trident Reference No: **BTC251245**  
Zen Ref: TR1196710  
Category: Healthcare  
Sub-Category: Cough Cold  
Brand: Premium  
Pack Type: Leaflet  
Variant: Boots Dual Defence20 ml

Action: **B**  
Date: 20/12/16  
Country: UK

Component Code: **BDDN-GB20-BP-02**  
Item Code: **64-24-740**

CAD Ref No: 140 mm width x 210 mm height  
Printer: N/A  
Substrate: White Paper

Barcode Type: N/A  
Barcode Number: n/a  
Magnification: N/A  
Barcode Truncated By: N/A (smallest bar)  
Edgemark Position: n/a  
Pharmacode No/NE: 0010111100(1211)

Technical & Non Printing Items  
 Cutter Guides

### Colours

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