

~ SINCE 1896 ~

ALKALOL®

NASAL WASH

MUCUS SOLVENT & CLEANER



INGREDIENTS: Purified Water (USP); Menthol; Eucalyptol; Thymol; Camphor; Benzoin; Oils of Wintergreen, Spearmint, Pine, and Cinnamon; Potassium Alum; Potassium Chlorate; Sodium Bicarbonate; Sodium Chloride; Alcohol (2/100 of 1%); Caramel Color.

Use Alkalol as a nasal wash and mucus solvent to help clear blocked nasal passages and provide drug-free relief from nasal congestion and irritation caused by sinusitis, allergies, head colds, and post-nasal drip.

WELCOME

Thank you for purchasing ALKALOL, the nasal wash, mucus solvent, and cleaner that has been providing natural relief from congestion caused by allergies and sinusitis for over 120 years.

Many people start using a nasal wash out of necessity. Treating chronic congestion caused by sinus infections and allergies with antibiotics and other drugs can be expensive and the long-term effects of steroid nasal sprays are unknown.

In 1896, pharmacist James P. Whitters set out to formulate a soothing nasal wash designed to deliver benefits beyond what standard saline solutions could provide without including the high levels of alcohol found in the products of the time.

ALKALOL is the result of his efforts to provide a better, more natural nasal wash and our family is proud to bring you this unique product.

HOW DOES NASAL IRRIGATION WORK?

ALKALOL and the ALKALOL Nasal Wash Cup provide what is known as passive flow irrigation. This means gravity is the main driver allowing ALKALOL to clean mucus from your nasal passages. This is also referred to as “jala neti,” the Sanskrit word for “nasal cleansing with water.” Distinct containers used to deliver a solution to the nasal passages are often called “neti pots” for this reason.

This nasal washing technique allows a mixture of ALKALOL and saline or warm water to flow through the sinuses, helping clear the nasal passages of mucus and irritants such as dust and pollen. Nasal washing with ALKALOL can help improve overall nasal hygiene by preventing mucus from pooling in your sinuses where it can become the breeding ground for bacteria.

Some people use ALKALOL when they feel a cold coming on. Others use it daily as a preventative measure. ALKALOL is formulated for use as often as needed and we believe it remains your personal preference as to how often you use our product.

DIRECTIONS:


ALKALOL is intended for use at variable strengths depending on personal preference and thickness of mucus. We recommend starting with a mild dose and adjusting accordingly.


ALKALOL is recommended for use with the ALKALOL Nasal Wash Cup. But please feel free to use another nasal pot or irrigation device if you want. Just remember that each delivery system is different and you may want to adjust the amount of ALKALOL to compensate. Please consult the directions for your device or visit our website at www.alkalolcompany.com for more suggestions.


LET'S BEGIN:


STEP 1: Thoroughly rinse your ALKALOL Nasal Wash Cup. Rinsing removes any dust which may have settled in or on it.

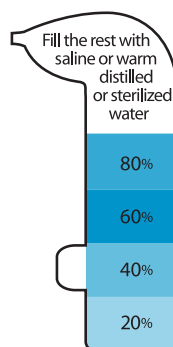
STEP 2: Add ALKALOL to the ALKALOL Nasal Wash Cup following the chart below.

 **MILD:** Add one teaspoon of ALKALOL to the ALKALOL Nasal Wash Cup, filling it approximately 20%, and the balance with saline or warm distilled or sterilized water.

 **MEDIUM:** Add two teaspoons of ALKALOL to the ALKALOL Nasal Wash Cup, filling it approximately 40%, and the balance with saline or warm distilled or sterilized water.

 **STRONG:** Add three teaspoons of ALKALOL to the ALKALOL Nasal Wash Cup, filling it approximately 60%, and the balance with saline or warm distilled or sterilized water.

 **EXTRA-STRONG:** Add four teaspoons of ALKALOL to the ALKALOL Nasal Wash Cup, filling it approximately 80%, and the balance with saline or warm distilled or sterilized water.



We recommend using a premixed saline solution, or sterilized water, such as boiled or distilled water. If you boil the water, please be sure it has cooled to a lukewarm temperature before use. Do not use cold water, which can be uncomfortable.

ALKALOL is formulated to be refreshingly strong. Upon initial use, you may experience an invigorating sensation lasting a few seconds. This sensation is part of the process that allows ALKALOL to work.

STEP 3: Holding one finger over the larger opening, place the spout end of the ALKALOL Nasal Wash Cup into one nostril.



STEP 4: While facing forward, release your finger.



The ALKALOL Nasal Wash Cup allows ALKALOL to flow naturally and gently into one nostril, across the nasal cavity and out the other nostril. Do not inhale, gravity will allow the water to flow properly. You may tilt your head to one side if you like.

The ALKALOL Nasal Wash Cup is specifically designed to properly regulate the flow to be comfortable and effective. Inhaling can interrupt the flow and may cause unnecessary discomfort. This part may take some practice, but after the first few attempts you'll be on your way.

STEP 5: Blow through your nose without closing off either nostril. This is recommended because if one nostril is closed, forceful blowing could injure your inner ear.
Always blow gently.

STEP 6: Repeat steps 2-5 in the opposite nostril.

STEP 7: Rinse your ALKALOL Nasal Wash Cup thoroughly.

THINGS TO REMEMBER

Should you experience any irritation or burning sensations, there are some likely culprits:

1. Solution is too weak

Rinsing your nasal passages with just plain water will result in a burning sensation. Make sure there is enough ALKALOL in your mix.

2. Solution is too strong

Make sure ALKALOL is thoroughly mixed by shaking well or try a milder solution.

3. Water temperature

If the water temperature is either too hot or too cold, you may experience discomfort. Aim for a lukewarm temperature. Remember to test the water first with your finger.

4. Boldly refreshing

Upon initial use, you may experience an invigorating sensation lasting a few seconds. This sensation is part of the price that allows ALKALOL to work.

NETI POTS & OTHER IRRIGATION DEVICES

Many people use ALKALOL in neti pots and other nasal rinse devices. Some tips to remember:

- An ALKALOL Nasal Wash Cup holds 1 fluid ounce. Many neti pots hold 8 fl. Oz. Simply follow the directions above, adjusting the amount accordingly.

- When using a neti pot, or other large-volume irrigation device, we recommend mixing ALKALOL with a salt water solution instead of plain water to ensure the best experience. Too much plain water in the mix can cause a burning sensation.
- Wash your hands before using your nasal device and make sure you disinfect your nasal rinse device before and after use.

WARNING: Keep out of reach of children. For children under 3 years of age consult a physician. Avoid swallowing. Do not use if safety seal on bottle is broken or missing.

WE'RE VERY SOCIAL...

For more information, please visit us at www.alkalolcompany.com, Facebook, Twitter and Instagram.



Made in the U.S.A.

OUR FAMILY OF PRODUCTS



ALKALOL
NASAL WASH

ALKALOL SALINE
NASAL SPRAY

NEW
ALKALOL
ALLERGY RELIEF