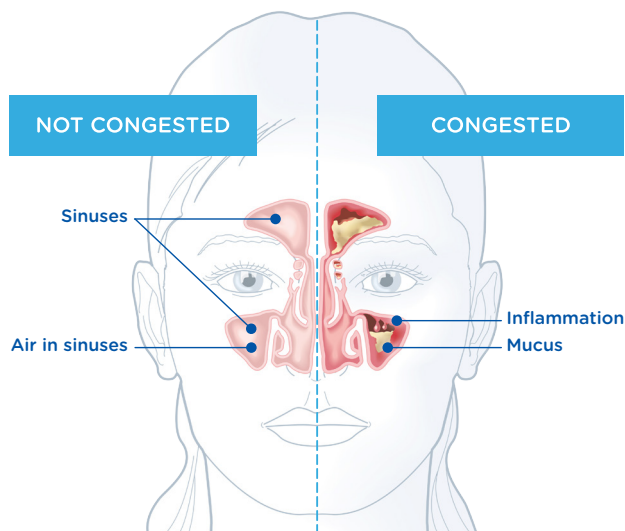


CLEARING NASAL CONGESTION USING NASAL SALINE

What is nasal congestion?

The lining of your nasal passages plays an important role in keeping us healthy. It warms, moistens and filters the air we breathe in, helping to protect our lungs from damage. It also produces mucus to trap and remove dirt, germs, and particles that can cause allergies (e.g., pollen, dust, pet dander).

Nasal congestion occurs when an infection such as the cold or flu, or allergies, cause the lining of your nasal passages to become inflamed and swollen, impacting its usual function. This can leave your nose feeling blocked, runny, irritated and itchy, often accompanied by sneezing.



What is nasal saline and how does it help?

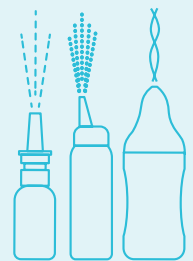
Nasal saline is a simple mixture of salt and water used to rinse the nasal passages. Isotonic formulas match the body's natural salt levels, making them gentle on the nose's delicate lining, while hypertonic formulas have a higher salt content that draws water into the mucus to help thin and clear it.

Using nasal saline supports your nose's natural clearing process by:

- Moistening the lining of your nasal passages
- Physically flushing out germs, allergens and other particles
- Thinning and clearing mucus more quickly

Nasal saline is **non-medicated**, so it's different from nasal medicines like decongestants or antihistamines.

This makes it **suitable for use by a wide range of people**, including babies and pregnant women.



How and when should nasal saline be used?

As often as needed to help relieve nasal congestion from colds & flu or allergies

Nasal saline has been shown to quickly improve nasal symptoms with less need for medicines.^{1,2} It can be used alone or with medicines (e.g., pain relievers, antihistamines), if needed.

Before taking a medicated allergy nasal spray to improve its effectiveness^{3,4}

Clearing the nasal passages with nasal saline first can help improve the absorption of allergy medications.

To help keep nasal passages moist and healthy, even when you're not congested

As a non-medicated treatment, nasal saline can be used even after symptoms clear to help maintain nasal hygiene.

©FESS® OFFERS A WIDE RANGE OF NASAL SALINE OPTIONS FOR THE WHOLE FAMILY



Consider your level of nasal congestion to select the most appropriate product:

MILD TO MODERATE CONGESTION



SALINE NASAL SPRAY

Suitable for everyday cleansing.
Available in four variants: Original, Sensitive, Nasal Defence (with Vitamin E and Tea Tree Oil) and Eucalyptus.



MODERATE CONGESTION



NASAL & SINUS MIST

Deep-penetrating hypertonic mist to gently draw out mucus – a higher concentration option for when a spray isn't enough.



MODERATE TO SEVERE CONGESTION



NASAL & SINUS WASH GENTLE STRENGTH

Mild isotonic solution ideal for daily deep cleansing of paranasal sinuses as well as nasal passages.



SEVERE CONGESTION



NASAL & SINUS WASH EXTRA STRENGTH

Hypertonic solution that reduces swelling, clears thick mucus, and relieves sinus pressure.



BABIES & CHILDREN



LITTLE NOSES & FESS® CHILDREN'S

Available as drops, low-volume spray or high-volume spray to deliver the right volume of saline for children's growing needs.



It's important to use nasal sprays and washes correctly for them to be effective.

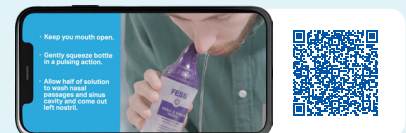
Access the National Asthma Council website to watch helpful FESS® how-to videos:



FESS® Children's Saline Spray



FESS® Saline Spray



FESS® Nasal & Sinus Wash



FESS® washes and most nasal saline sprays* are approved by the National Asthma Council Australia Sensitive Choice® program and may be a suitable choice for people with medically diagnosed asthma or allergies.

*IQVIA MAT March 2026. *FESS® Nasal Defence Nasal Spray and FESS® Eucalyptus Nasal Spray are the only FESS® products not approved under the Sensitive Choice® program in Australia and New Zealand. Care Pharmaceuticals is a licensed partner and proud sponsor of the National Asthma Council's Sensitive Choice® program.

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