

SINCE 1896

# ALKALOL®



## A natural soothing NASAL WASH mucus solvent and 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 100 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 other 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](http://www.alkalolcompany.com) for more suggestions.


If this is your first time using a nasal wash know that it may take some practice to become comfortable with the process, but the benefits far outweigh the challenges.

### 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.

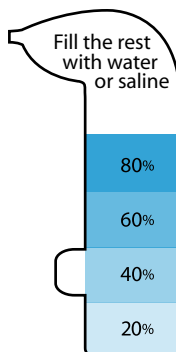
 **Mild:** Add one teaspoon of ALKALOL to the ALKALOL Nasal Wash Cup, filling it approximately 20%, and the balance with saline or warm water

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

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

*A premixed saline solution, or distilled, filtered, or previously boiled tap water is recommended. Bottled water is usually also safe to use. We do not recommend it, but many customers and doctors prefer to use warm tap water.*

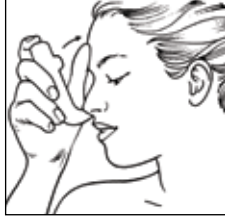


ALKALOL is formulated to be refreshingly strong. Upon initial use, you may experience an invigorating sensation lasting a few seconds. This sensation is part of the process that allows ALKALOL to work.

**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 pain or stinging sensations, there are two likely culprits:

**1. Solution may be too strong**

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

**2. 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.

#### OTHER INFORMATION AND TIPS

There are a number of simple remedies that might also help you keep your symptoms under control:

- Sleep between 7 and 9 hours a night. Try for more sleep when you have a sinus infection.
- Practice good hygiene and wash your hands several times a day.
- Use a negative ion air cleaner or HEPA filter daily.

- Use a humidifier when using an air conditioner or during the heating season.
- Avoid sugar, dairy, caffeine and alcohol and enhance your diet with fruit, vegetables, whole grains and fiber.
- Get some daily aerobic exercise such as walking, preferably outdoors except on highly polluted days.
- Drink filtered water—a good measure is ½ ounce per pound of body weight.

For more information please visit us at  
[www.alkalolcompany.com](http://www.alkalolcompany.com).

**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.**



A natural soothing  
**NASAL WASH**  
mucus solvent and cleaner

Provides natural relief from nasal congestion caused by sinusitis and allergies

Invigorating extracts and essential oils

Dissolves mucus

Helps clean and moisturize nasal passages

Refreshingly strong

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