



# Happinose

## Uses

For the symptomatic relief of nasal congestion associated with the common cold, catarrh, head colds and hay fever. Blow nose before application.

## Dosage

Adults: apply up to 1cm of ointment in and around each nostril, using the little finger, and inhale through the nose. Re-apply every four hours or as required. Children 10 years and over: as for adults but use up to half a cm. Children aged 5-9 years old: use up to one quarter of a cm. Children under 5 years: not recommended.

## Format and Ingredients

Ointment base containing:  
Levomenthol 0.3% w/w,

**Category:**  
Cough, Colds and Sore Throat

**Manufacturer:**  
DIOMED DEVELOPMENTS LTD

**Pack size:** 14g

**RRP:** £3.52

**Legal Status:** (GSL)