NutraEarClin

INSTRUCTIONS FOR USE

NutraEarClin ear cleaning kit and the powder sachet for solution is applied topically to the external auditory canal.

• ***Content:*** *Each sachet contains only Sodium Bicarbonate 60%, Sodium Carbonate 30%, Sodium Lauryl Sulphate 10%.*

Before you start using this medicine, carefully read this INSTRUCTIONS FOR USE as it contains important information for you.

- *Keep this instructions for use. You may need to read again.*
- *If you have other questions, please consult to your doctor or pharmacist.*
- *This product has been prescribed for you personally, do not pass it on to others.*
- *During the use of this product, when you go to the doctor or hospital, tell your doctor that you are using this product.*
- *Follow exactly what is written in this instructions for use. Do not use* ***high or low*** *doses other than the recommended dose for the product.*

The following topics are provided in this Instructions for Use:

1. What is NutraEarClin and what is it used for?
2. Things to consider before using NutraEarClin
3. How to use NutraEarClin?
4. What are the possible side effects?
5. Storing NutraEarClin

1.What is NutraEarClin and what is it used for?

- NutraEarClin is an ear cleaning kit applied topically to the external auditory canal.

- NutraEarClin consists of a bottle made of latex-free polyethylene, scaled to approximately 400 ml, and a white-off-white washing solution powder mixture in a heat-sealed primary packaging material sachet of polyethylene-aluminum-polyethylene foil.
- When a sachet is diluted with water in a bottle, the solution's active ingredient qualitatively contains sodium bicarbonate, sodium carbonate and sodium lauryl sulfate.
- NutraEarClin is used as an external auditory canal cleaning product that helps to remove the formations such as plug/cerumen (earwax) etc. from the external auditory canal and to eliminate the complaints they cause.
- When used periodically and regularly, NutraEarClin also prevents the formations such as plug/cerumen (earwax) etc. from reoccurring in the external auditory canal.

2. Things to consider before using NutraEarClin

DO NOT use NutraEarClin in the following cases:
Do not use this product;
- If you are hypersensitive to any of the ingredients of NutraEarClin,
- In case of acute/chronic otitis externa,
- In case of acute/chronic otitis media,
- In patients with non-integrity of the eardrum and/or ear discharge,
- If the doctor does not recommend it after all ear surgeries (ventilation tube application, tympanoplasty, mastoidectomy, otosclerosis, etc.).

USE NutraEarClin CAREFULLY in the following cases:
- If you are suffering from severe dizziness (vertigo),
- If you are allergic to soap etc. products used for skin cleaning.

Using NutraEarClin with food and drink
There is no known contraindication for NutraEarClin to be administered with food and drink, on an empty or full stomach.

Pregnancy
NutraEarClin has no known adverse effects. Please consult to your doctor before using it.

Breast-feeding
NutraEarClin has no known adverse effects. Please consult to your doctor before using it.

Driving and operating a machine
There are no data on the effect of NutraEarClin on the ability to drive and to operate machines. The potential for vertigo (dizziness), confusion (lightheadedness), and disorientation (difficulty adjusting to the environment) with NutraEarClin should be considered before patients drive or operate machines.
After applying NutraEarClin, sit and rest for a while.

Important information about some of the ingredients of NutraEarClin
NutraEarClin does not contain any excipients other than its active ingredient.

Concomitant use with other drugs
NutraEarClin can be used before or after topical ear drops (plug softeners, antipruritic, anti-inflammatory drops) applied to the external auditory canal.

3. How to use NutraEarClin?

Instructions for proper use and dose/frequency of administration:
Unless recommended otherwise by the doctor, the prescribed dose for NutraEarClin is as follows:

NutraEarClin; for adolescents over the age of 12 and adults;
- In the presence of formations such as plug/cerumen (ear wax) etc., it can be used in consecutive doses until the external auditory canal is cleared.
- It can be used at regular intervals to help prevent the accumulation of formations such as plug/cerumen (earwax) etc. in the external auditory canal.

NutraEarClin; for children younger than 12:
- It is not recommended to use without adult supervision/assistance and doctor recommendation.

Always follow your doctor's instructions when using NutraEarClin. If you are unsure, ask your doctor or pharmacist.

- NutraEarClin is not recommended to be used for longer than 4-5 days unless advised otherwise by the doctor.
- Do not discontinue use without talking to your doctor.

Application route and method:
- The water to be used in the preparation of the application solution should be at body temperature. **It should never be cold (below 30°C) or high temperature (above 44°C) that will burn/discomfort the skin.**
- When the product is prepared with water below body temperature, it may cause symptoms such as dizziness, earache, etc. At the same time, when the product is prepared and used with a high temperature water that will burn/discomfort the skin, it can cause burns, skin irritation, dizziness and imbalance in the external auditory canal and its formations.
- Application solution temperature during use should be at the temperature of the person's warm bathing/shower water.
- Water to be used in the preparation of application solution must be of minimum clean drinking water quality, which does not contain any visible particles.
- Before the first use and after each use, clean each part by washing them under plenty of water and then leave them in a clean place to dry.

Important Warning
Objects (cotton ear buds, napkins, towels, cloths, etc.) should not be used to dry the moist external auditory canal after NutraEarClin is applied.

Different age groups
Use in children:
It has no special use in children under the age of 12. It should only be used under adult supervision/assistance and in accordance with the doctor's recommendation in children in the age range deemed appropriate by the doctor.

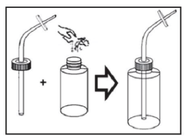
Use in the elderly:
It has no special use. It should be used in doses recommended for adults.

Special use:
If you have an impression that the effect of NutraEarClin is too strong or weak, consult your doctor or pharmacist.

If you use more NutraEarClin than you should:
Using the product more than necessary may cause temporary itching in the external auditory canal.

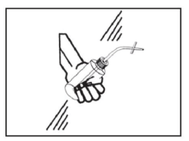
If you forget to use NutraEarClin:
Do not apply twice to make up for forgotten doses.

Effects that may occur when NutraEarClin is discontinued:
No adverse effects are expected when NutraEarClin is discontinued.

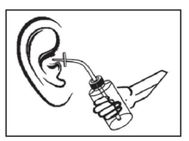


How to use:

1. Fill the bottle with clean drinking water brought to body temperature (37°C ±3°C) (washing/shower water temperature) up to the dose line. Then carefully open the sachet and add it to the bottle. Screw the head with the transfer tube attached to the bottle.



2. Hold the bottle with the solution in an upright position and shake it gently for about 30 seconds without squeezing.



3.In an environment suitable for washing in a standing or sitting position, tilt your head slightly to the side in the direction of the ear to be treated. Insert the tip of the bottle head into the auditory canal up to the border of the safety ring. Then slowly squeeze the bottle until the solution is consumed.

During the application, unwanted formations will flow out from under the auricle together with the solution and the external auditory canal will be cleaned.

Important Warning
- The contents of one sachet should be prepared by diluting with water at the dose line of the bottle. A diluted or concentrated product should never be prepared with less or more water than the dose line. The solution content to be used for each application is scaled for one sachet.

- Prepare a new solution for each new application. If there is any remaining solution at the end of the application, pour it out and do not use it.
- The bottle is a personal device and is for a single user.

4.What are the possible side effects?

NutraEarClin has no known side effects.
Depending on the way of use in some individuals;
- It may rarely cause very short-term/partial temporary dizziness.
These are possible mildside effects of NutraEarClin.

People who are sensitive to any of the ingredients of NutraEarClin may have side effects. In this case, stop using NutraEarClin. Inform your doctor or pharmacist about the issue.

If you experience any side effects not mentioned in this instructions for use, inform your doctor or pharmacist.

5. Storing NutraEarClin

Keep NutraEarClin out of the sight and reach of children and in its package.

Store NutraEarClin at room temperature (below 25 °C) in a dry and clean manner, protected from moisture.

Use in accordance with expiration dates.

Do not use NutraEarClin after the expiry date stated on the package.

Do not use NutraEarClin if you notice any defects in the product and/or its packaging.

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