



Nozoil[®]

Nozoil[®] lubricating, moisturising sesame oil for dry, irritated nasal mucosa.

Also available as Nozoil Menthol[®].

Sesame oil is extracted from the seeds of *Sesamum indicum*, a cultivated plant that has been grown and used for several centuries, in countries including India. Sesame oil is the earliest oil to have been described. It is mentioned on Assyrian cuneiform tablets and was imported in ancient times to Europe from India.

In 500 BC, the Indian physician Susruta described how sesame oil could cure most of the nasal diseases known at that time.

Sesame oil is also recommended as a moisturiser for dry nasal mucosa in a Swedish collection of prescriptions from 1927 and in a textbook on ear, nose and throat diseases from the Mayo Clinic in the USA, published in 1981.

Packaging

Nozoil is available in a 10 ml nasal spray. The brown glass bottle protects the contents from the light but still enables them to be seen. The cap prevents air getting into the oil.

Using the nasal spray applicator and pump, it is easy to reach different parts of the nose. The packaging ensures that no foreign particles can enter the bottle and contaminate its contents.

Applications

Nozoil has a preventive function and protects the nasal mucosa with its lubricating, moisturising characteristics. Spray Nozoil into your nose repeatedly, whenever necessary.

Environments and situations in which it is suitable to use Nozoil

- Dry air makes it easier for all the mucous membranes in the nose to dry out. Low relative humidity does not simply occur in the winter. It also characterises air-conditioned buildings, aircraft and cars throughout the year.
- Dusty, particle-rich environments also cause nasal problems.
- Increasing age is another reason for dry mucosa. Women frequently experience this after the menopause. Spending time in dry, particle-rich environments exacerbates the problem.
- Patients who undergo radiation treatment on the head and throat often experience problems with dry mucous membranes that are damaged by the radiation for a long time after the treatment.
- People who suffer from nosebleeds often develop dry crusts in the nose. They chafe and irritate and cause new nosebleeds.

- After surgery to the nose, the cilia sometimes work less effectively. Mucus gathers, dries and blocks the air passages.
- Dry air that irritates the mucosa and can be found in the chemical and mechanical industries, for example, can cause dry rhinitis. This condition can also be caused by picking the nose and as a sequela of a heavy cold. Treatment with moisturising Nozoil is frequently effective.
- Drugs that are administered via the nose, such as allergy medication, often dry out the nasal mucosa in conjunction with repeated use. Nozoil restores the normal moisture to the nasal mucosa.

Use

Start by blowing your nose well. Then remove the plastic cap from the bottle. Pump a couple of times until the nasal oil is delivered in the form of a spray. This is particularly important before the nasal spray is used for the first time or when it has not been used for some time. Nozoil is an oil-based product. Avoid stains on wallpaper, walls and so on by pumping onto a piece of kitchen paper, for example, until the oil starts to come out of the bottle.

Put the tip of the pump into one nostril. Hold the bottle upright and pump two to three times. Change the direction of the spray so that the oil reaches different parts of the mucosa. Inhale at the same time. The oil leaves the bottle in a fine spray and not as a cloud of spray. Dry the tip of the bottle after use and replace the plastic cap. It protects the oil from air and foreign particles that could contaminate the contents. Nozoil should be used within the period specified on the packaging.

Product safety – side-effects

No side-effects of sesame oil have been reported. Sesame oil has been used for centuries to lubricate mucous membrane and skin without any side-effects being seen. Sesame oil is also used in many of our foodstuffs, such as cooking oil and margarine.

For hundreds of years, liposoluble drugs that are administered intramuscularly in the form of injections have been dissolved in sesame oil. The reason is that sesame oil is resorbed (taken up) so well by the tissues and is then broken down by the body's own enzymes.

Sesame oil – declaration

Sesame oil is the active substance in Nozoil. The sesame oil in Nozoil is 100 per cent pure, with no additives. Sesame oil is produced by cold-pressing the ripe seeds of *Sesamum indicum*.

The preparation known as Nozoil Menthol also contains menthol and eucalyptol.

High vitamin-E content

Sesame oil has a very high content of vitamin E, an anti-oxidant. Sesame oil is the vegetable oil that contains the most vitamin E (alpha, beta and gamma tocoferol). Nozoil contains more than 70 mg of vitamin E per kg of oil.

High polysaturated fatty acid content

Pure sesame oil has a very high content of triglycerides, such as linol acid, which are needed to build up the membrane in the wall of cells.

No proteins

Allergies are caused by proteins. Nozoil contains no proteins.

Shelf life

Sesame has a very long shelf life as it contains highly anti-oxidative substances. When vegetable oils become old, they turn rancid and the peroxide content rises. Nozoil has a low peroxide value.

Other advantages

- Nozoil is a tried and tested product, developed in Göteborg in a partnership between *Professor Björn Petruson*, ENT Clinic, Sahlgrenska University Hospital, and Pharmacure AB. Read more on our website: www.pharmacure.com
- Nozoil is free from preservatives. It is generally known that the long-term use of products containing preservatives can damage cells and tissues.
- As Nozoil is free from protein, the risk of allergic reactions or increased hypersensitivity is eliminated.
- In a clinical study of the epithelial cells of eight volunteers, it was shown that the ciliary beat frequency was not affected after one hour's exposure in vitro.
- Modern spray packages deliver the correct dose. Each 10 ml bottle corresponds to around 400 doses.
- Nozoil is available at pharmacies, a guarantee of quality and reliability. At a pharmacy, you can also obtain advice and tips on other Pharmacure products for nasal health.

Manufacturer

Pharmacure AB is a privately owned pharmaceutical company based in Göteborg, Sweden. Pharmacure AB's operations focus on the development and marketing of medical devices and naturopathic preparations in the field of nasal dysfunction. Pharmacure AB concentrates on the development of lifestyle products that enable individuals to enhance their health, remain healthy and prevent the occurrence of various nasal diseases. Pharmacure AB collaborates with physicians at the Sahlgrenska University Hospital in Göteborg, Sweden. We run all our own production operations with the assistance of a virtual team of specialists.