



# Feelwell

## COLD & SINUS

### RELIEF FORMULA



5 ml.

Common cold, or upper respiratory tract infection, usually is caused by one of several respiratory viruses, most commonly rhinovirus. These viruses, which concentrate in nasal secretions, are easily transmitted through sneezing, coughing, or nose blowing. Signs and symptoms of the common cold include fever, cough, rhinorrhea, nasal congestion, sore throat, headache, and myalgias.

#### FEEL WELL - Solution for Inhalation of Vapors of Vapors

**Steam inhalation made easy at anytime and anyplace.**

Read all of this leaflet carefully because it contains important information for you.

This Medicine is available without prescription. However, you still need to use FEEL WELL carefully to get the best result from it.

Keep this leaflet, you may need to read it again

If you have further questions, please ask your doctor or pharmacist

You must contact doctor if your symptoms worsen or do not improve

If you get any side effect, talk to doctor or pharmacist, this includes any possible side effect not listed in this leaflet.

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#### Composition

##### Each 1 ml contains

Menthol .....	0.3ml
Thymol .....	0.1ml
Camphor .....	0.1ml
Cinnamon .....	0.1ml
Clove oil .....	0.2ml
Black Seed Oil .....	0.2ml

#### What is Steam Inhalation

Steam inhalation is also called Steam therapy, it involves the inhalation of water vapor or water vapor with essential oil. Steam Inhalation is one of the most widely used home remedies to soothe and open the nasal passages and get relief from the symptoms of a cold or sinus infection.

#### How to inhale steam

Follow the below instruction:

1. Heat up the water to boiling.
2. Carefully pour the hot water into the bowl.
3. Drape the towel over the back of your head.
4. Turn on a timer.
5. Shut your eyes and slowly lower your head toward the hot water until you're about 8 to 12 inches away from the water. Be extremely careful to avoid making direct contact with the water.
6. Inhale slowly and deeply through your nose for at least two to five minutes.

**Caution:** Don't steam longer than 10 to 15 minutes for each session. However, you can repeat steam inhalation two or three times per day if you're still having symptoms.

You can also purchase an electric steam inhaler (also called a vaporizer) online or at a drugstore. For these, you just need to add water to the level indicated and plug in the system. The vaporizer

uses electricity to make steam that cools before exiting the machine. Some vaporizers come with a built-in mask that fits around your mouth and nose.

Steam vaporizers can get dirty with germs quickly, so you'll need to wash it often to prevent bacterial and fungal growth. Wash the bucket and filter system every few days during use, too

#### What is FEEL WELL (Solution for Inhalation of Vapors) and what it is indicated for

FEEL WELL is the solution composed of safe and ancient ingredients used to relieve nasal catarrh (Inflammation of mucous membranes in the nose and throat) congestion (a blocked nose), sore throat and coughs due to cold and sinus infection.

Feel well contains four active ingredients, Menthol, camphor, etc..

Menthol .....	0.3ml
Thymol .....	0.3ml
Karpur .....	0.3ml
Cinnamon Leaf Oil .....	0.03ml
Clove oil .....	0.03ml
Black Seed Oil .....	0.03ml

FEEL WELL is concentrated Inhaling ingredients solution which needs to be diluted with water before using.

#### Feel well is contains:

**Menthol:** Its proven to be a great treatment for cough due to the common cold. It interacts with cold receptors in the nose and throat, helping to stop coughing. Using menthol as part of a cold symptom treatment can **help ease breathing and reduce coughing** by interacting with cold receptors in the nose and throat.

**Thymol:** Thymol and thyme essential oil have long been used in traditional medicine as expectorant, anti-inflammatory, antiviral, antibacterial, and antiseptic agents, mainly in the treatment of the upper respiratory system. thyme essential oil has been shown to be effective in reducing coughs and reducing the duration of respiratory tract infections, such as the common cold.

**CAMPHOR:** Camphor (oral) suggested uses include as an expectorant, anti-flatulent (anti-gas), and for treatment of respiratory tract infections. Camphor (inhalation) suggested uses include as an antitussive (anti-cough).

**Cinnamon Leaf Oil:** Cinnamon may protect against germs that cause respiratory problems, it provide relief from a cough.

**Clove Oil:** Clove oil has traditionally been used as an antimicrobial, to help kill bacteria, for digestive upset and to relieve respiratory conditions like cough and asthma

**Black Seed Oil:** Black seed is helpful in the treatment of constipation, cracked heels, cough and cold, fever, allergies, asthma rheumatoid arthritis, nasal congestion, itching, sneezing etc. It boost our immune system and combats numerous bacterial and viral invasions.

**Indication:** FEEL WELL OIL is alternative and complementary therapies to fight Cold, Sinus Congestion and nasal blockage, it's the oil extracted from a herbs helps to fight and provide the relief from cold, Nasal congestion, Sore throat etc..

During the process of inhalation of warm, moist air /Vapors enter through nose it works by loosening the mucus in the nasal passages, throat, and lungs. This may relieve symptoms of inflamed, swollen blood vessels in your nasal passages.

While inhalation won't cure an infection, like a cold or the flu, it may help make you feel a lot better while your body fights it off. But as with any home remedy, it's important to learn best practices so you don't hurt yourself in the process.

## **What you need to know before you use Feel well:**

### **Does not use Feel well**

- If you are allergic to any of these active or other ingredients
- On children less than 3 years
- As an inhalation for children under 5 years
- Don't apply directly onto nostril, eye, mouth or face
- Do not use boiling water to prepare inhalations
- Do not heat or re heat the mixture in a microwave or heating plate

### **Pregnancy and breast feeding**

If you are pregnant, ask your doctor or pharmacist for advice before using Feel well,

### **Warning and Precaution:**

Talk to your doctor or pharmacist before taking this medicine in you have a history of airway disease or asthma

Never directly put the essential oils into the mouth.

Never put the oil directly to Nostril/Nose.

In the case of accidental swallowing of feel well by child or get contact with eye, it is important to consult a physician without delay who can provide ant necessary treatment. Do not try to induce vomiting

**Caution:** Don't steam longer than 10 to 15 minutes for each session. However, you can repeat steam inhalation two or three times per day if you're still having symptoms.

Do not heat in the microwave or reheat this mixture. If symptoms' persist or in the case of fever , consult your doctor or pharmacist.

### **How to use FEEL WELL (Solution for Inhalation of Vapors).**

Follow these instruction unless and other wise instructed by doctor or pharmacist, remember to use your medication. FELL WELL must be administered as Inhalation vapors, follow mentioned below instruction ,

Ideal for adults and children with congestion caused by the common cold. Adult and children above 3 years

#### **Procedure No 1:**

##### **When you are at office /workplace/outside area:**

For best result follow these steps:

- In hot water or Cup of Tea, add one drop of this oil and inhale initially for few minutes and later drink the whole drink, will help to fight sore throat, nasal congestion/blockage, loosening the mucus.
- Lean over the cup or bring the cup closer to your nose (keep about 7 inches away or your may accidental get steam burn upon tea spillage on your body) inhale the medicated vapors' for effective result.
- Children should always be supervised
- Don't add more than one drop of this oil, it may cause little discomfort in case if you add more than one drop in a cup of tea.

#### **Procedure no 2:**

##### **Steam Inhalation at Home:**

Steam inhalation Procedure, for best results, follow these steps:

- Place up to 3 drops of oil in a large pot (450ml) or bowl of boiling water.
- Lean over the bowl (keep about ten inches away or you may get a steam burn) and cover your head with a towel to create a tent, Inhale the medicated Vapors as per your comfort.
- Close your eyes and breathe through your nose for no more than one minute at a time as per your comfort.

Feel Well inhalation of vapors help to relieve from nasal congestion and soothe the uncomfortably inflamed membranes that line your nose and throat.

You can use Feel Well with vaporizer devices but it may provide more intense diffusion, , take care when you use with electric Vaporizer.

**Caution:** Don't steam longer than 10 to 15 minutes for each session. However, you can repeat steam inhalation two or three times per day if you're still having symptoms.

#### **Benefits of FEEL WELL:**

- FEEL WELL has the ability to freshen breath upon drinking with Tea after completing the inhalation.
- It helps to loosening the mucus in the nasal passages, throat, and lungs.

- Feel Well have anti-inflammatory, antibacterial, and antiviral properties, which may encourage healing.
- It helps to maintain upper respiratory health.

#### **Dosage:**

Add one drop of Feel well in a cup of tea or hot water or tea, inhale few minutes then drink the whole drink.

Don't add more than one drop of this oil, it may cause little discomfort in case if you add more than one drop in a cup of tea.

When you inhale with Hot water, 2 or 3 drops of Feel well in 450ml of Boil water, incase if you feel it's too strong then dilute the water further to increase your comfort. Don't add too many drops of this liquid to the boil water.

**Caution:** Don't steam longer than 10 to 15 minutes for each session. However, you can repeat steam inhalation two or three times per day if you're still having symptoms.

#### **What are the possible side effects associated with Feel Well-Solution for Inhalation of Vapors**

Like all medicines, feel well can cause side effects, although not everyone gets them, irritation of the eyes by inhalation or allergic reaction can occur. These are usually mild and occur rarely, frequency not known (frequency cannit ve estimated form the available data).

The following Side effects have been reported as being more common with high doses and in prolonged treatment

**Digestive system:** with high dose, intermittent diarrhea or vomiting sensation

May create some dizziness upon inhaling high dose or longer time of inhalation.

If you get any side effects talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

If you notice any other side effect, please contact your doctor or pharmacist.

**Other side effects:** Steam inhalation is considered a safe home remedy if done right, but it's very possible to hurt yourself unintentionally if you're not careful.

There's a risk of scalding yourself if you make contact with the hot water. The biggest risk is accidentally knocking over the bowl of hot water into your lap, which can cause severe burns in sensitive areas.

#### **To avoid burns:**

- Make sure the bowl of hot water is on a level, sturdy surface and can't be knocked over.
- Don't shake or lean on the bowl.
- Avoid allowing the steam to make contact with your eyes. Your eyes should be closed and directed away from the steam.
- Keep the bowl of hot water out of reach of children or pets.

#### **What is the storage condition for Feel well (Solution for Inhalation of Vapors)**

Store protected from moisture and not above 30°C.

Keep Feel well (Solution for Inhalation of Vapors) out of the reach and sight of children.

Don't use Feel well (Solution for Inhalation of Vapors) after expiry date which is stated on the pack label. The expiry date refers to the last day of the month stated.

Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

#### **Shelf Life:** 4 years

**Packing:** Each carton contains 5ml bottle and Packing leaflet.

#### **Manufactured by:**

**Citro Pharma Private Limited**

Bangalore - India

(Manufactured under the technical collaboration with CitroPharma Inc, Canada)

#### **Marketed by:**

**Citro Pharma Inc**

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