



Bionorica®



Blocked nose? Tension headache?  
**Sinupret® eXtract**



Available in the following languages:



More information at [www.sinupret-extract.de/service](http://www.sinupret-extract.de/service)

## How do you get an inflammation of the paranasal sinuses (sinusitis)?

1

Viruses spread in the nose and trigger the cause of the symptoms: inflammation!

2

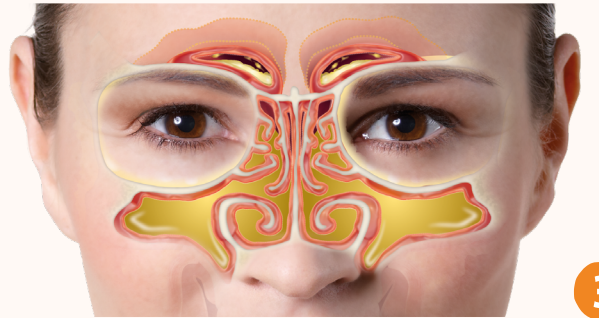
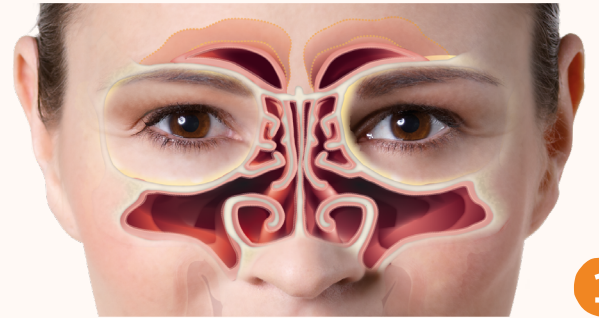
The inflammation causes the mucous membranes in the nose to swell and makes breathing difficult. In addition, thicker mucus forms and the nose becomes blocked.

3

At the same time, the inflammation and mucus spread to the sinuses. This is what causes the unpleasant tension headache.

i

**Sinupret® eXtract** treats cold-related sinusitis in two ways: It loosens the congested mucus and reduces swelling of the inflamed mucous membranes.



## Blocked nose? Tension headache? This is how Sinupret® eXtract works

**1** loosens the mucus The thick, congested mucus is drained and you will quickly feel better.

**2** opens the nose The swelling caused by the inflammation of the nasal mucous membranes is reduced and you can breathe more freely again.

**3** clears the head Your sinuses clear and the tension headache subsides.

Sinupret® eXtract is 4 times more concentrated\* than Sinupret® forte. Sinupret® eXtract is highly effective, with proven tolerability.

### Dosage

● 1 tablet 3 times a day, does not need to be taken with meals.

\*A four-fold concentration is not equivalent to a four-fold increase in efficacy. The four-fold concentration refers to the 720 mg herbal mixture used in Sinupret eXtract (equivalent to 160 mg dry extract) compared to the 156 mg herbal mixture in Sinupret forte, or to the active properties of the beneficial bioflavonoids.

## Helpful tips for a blocked nose



### How to blow your nose "properly"!

Do not blow your nose too hard and only blow one side of the nose at a time! The right way is: Press one nostril shut, blow the other and then change sides. Make sure you do not blow too hard as this could force the secretion into the sinuses. The nose is gently cleared of mucus.



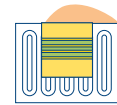
### Make sure to drink enough water!

This compensates for water loss (e.g. if you have a temperature) and helps loosen the mucus.



### Raise the head of your bed by about 20°!

Helps relieve a blocked nose. Enables you to get a restful sleep despite having a cold and sinusitis.



### Fresh air!

To increase humidity in the room, you can hang damp cloths over the heating, for example. If the humidity is too low, the mucous membranes of the airway dry out. Bacteria and viruses are able to enter more easily.



### When should I take which medication?

Of course, decongestant nasal sprays also offer temporary relief for a blocked nose, e.g. for a better sleep. You should not use these for more than a few days, however, because there is a risk of tolerance developing.


To thoroughly and effectively treat a blocked nose, Sinupret® eXtract is recommended.

# Sinupret® – the right form for everyone

For adults and adolescents up from 12 years



**Sinupret® eXtract**


up from 12 years 3 x 1 tab. 


-  gluten and lactose-free
-  vegan


For children up from 2 years





**Sinupret® Syrup**

2–5 years 3 x 2.1 ml 

6–11 years 3 x 3.5 ml 


up from 12 years 3 x 7.0 ml 



-  gluten and lactose-free
-  vegan

For school children up from 6 years



**Sinupret®**

6–11 years 3 x 1 tab. 

up from 12 years 3 x 2 tab.  

-  gluten-free

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# Sinupret® eXtract



- loosens the mucus
- opens the nose
- clears the head

4 times more concentrated\* than Sinupret® forte.

\*A four-fold concentration is not equivalent to a four-fold increase in efficacy. The four-fold concentration refers to the Ø 720 mg herbal mixture used in Sinupret® extract (equivalent to 160 mg dry extract) compared to the 156 mg herbal mixture used in Sinupret® forte, or to the active properties of the beneficial bioflavonoids.

**Sinupret® extract** • For acute, uncomplicated inflammation of the paranasal sinuses (acute, uncomplicated rhinosinusitis) with symptoms such as a cold, blocked nose, headache and facial pain or tension. Sinupret eXtract can be taken by adults and adolescents aged 12 and over. Contains glucose and sucrose (sugar). **Sinupret® forte, Sinupret®** • For acute and chronic inflammation of the paranasal sinuses. Contains glucose, lactose, sucrose and sorbitol. **Sinupret® Syrup** • To alleviate the symptoms caused by acute inflammation of the paranasal sinuses. Contains 8% alcohol by volume and maltitol solution.

Dated: 10|21

Zu Risiken und Nebenwirkungen lesen Sie die Packungsbeilage und fragen Sie Ihre Ärztin, Ihren Arzt oder in Ihrer Apotheke  
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