

NasalFresh^{MD}

Breathe Better.
Feel Healthier.™



**Owner's
Manual**



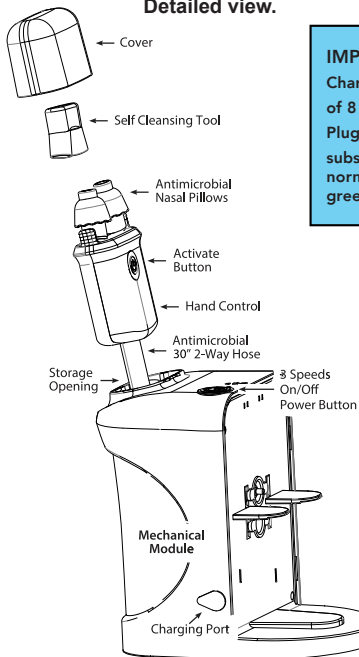
Congratulations On Your Purchase of the NasalFresh MD® Nasal Irrigation System!

You've made a smart choice for your nasal health. The NasalFresh MD® system is designed to provide effective relief for chronic or acute rhinosinusitis, seasonal allergies, colds and flu, post-nasal drip, or if you simply want optimal nasal health. With its innovative powered rinse and suction technology and user-friendly design, you'll Breathe Better, and Feel Healthier.™

Remember to follow the instructions in this Owner's Manual for optimal results. If you have any questions or need assistance, our dedicated support team is here to help.

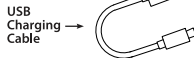
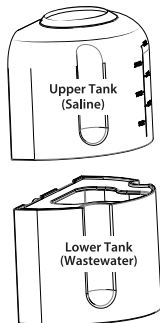
Getting to Know your NasalFresh MD®

Detailed view.



IMPORTANT

Charge your NasalFresh MD® for a full charging cycle of 8 hours prior to your very first use after unboxing. Plug your device for a minimum of 3 hours for subsequent charging cycles. A red light indicator is normal, and indicative of a new charging cycle. A green light indicates fully charged.



NasalFresh^{MD}



**NOT Microwave
Safe**

* DO NOT MICROWAVE the NasalFresh MD tanks (as they contain metal) and it can be dangerous and voids the warranty.



**NOT Dishwasher
Safe**



**Do NOT Submerge
in Water**

* The unit itself contains electronic components, therefore do not submerge it or add to the dishwasher.

**IMPORTANT
FOR SAFE USE**

Getting Started

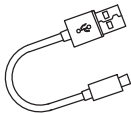
Your NasalFresh MD® comes substantially assembled. To complete the assembly, detach the Lower Tank from the Mechanical Module by grasping the Module with one hand and the Tank with the other and pulling the Tank away from the Module. Remove contents of the Lower Tank and set aside. Wash the Nasal Pillows following the instructions for cleaning on page 7 of this Manual. Attach the 2 Nasal Pillows to the stems on the Hand Control. Reattach the Lower Tank. You are ready to begin.



Note: When not using the Device, store the Hose and Hand Control in the compartment below the Storage Opening of the Mechanical Module. Insert the Hand Control by lining up the 2 guides below the Activate Button on the Hand Control with the 2 corresponding slots in the Storage Opening.

Charging

NasalFresh MD® is rechargeable (no batteries required) and compatible with USB charging. Charge the Device prior to using it for the first time. You will need the USB charging cable (included with your Device) and a power adapter (wall plug) with a USB port.



1. Connect the USB Cable. Plug one end of the USB cable into the USB port on your power adapter. Lift up the silicone protective strip over the Charging Port on the Mechanical Module and connect the other end of the cable to the Charging Port.
2. Monitor Charging. Once connected, the Device should start charging. Observe the charging indicator on the top of the Device next to the Power Button. Red indicates the Device is charging. The charging indicator light will turn Green when the Device is fully charged. Avoid leaving your Device connected to the USB charger for extended periods to prevent overcharging.
3. Fully Charged – Disconnect. Once your NasalFresh MD® is fully charged, disconnect it from the USB charger. Leaving it connected can lead to unnecessary power consumption and potential damage. The charged battery should provide up to 1 hour of use before needing to be recharged.

IMPORTANT

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Making Saline

Preparation. Saline is a mixture of sodium chloride and water. Fill the Upper Tank to the 300ML fill line with room-temperature to lukewarm distilled or other safe water. Add one or two NasalFresh nasal salt packets and stir until fully dissolved.

Caution: DO NOT use tap water unless sterilized by boiling. Do not use water hotter than 90°F/32°C. DO NOT wash nasal passages with plain unsalted water which will cause stinging or other discomfort. See “Important Safety Instructions” in this Manual for further guidance about the water to use.

Tip: NasalFresh MD® has a large water Tank for longer irrigation and fewer refills. NasalFresh® salt packets contain additional salt to achieve the correct concentration of saline which can be either Isotonic (1-NasalFresh salt packet) or Hypertonic (2-NasalFresh salt packets). Isotonic nasal saline (also known as normal saline) has a concentration of sodium chloride similar to the fluids in the human body such as blood and tears. Hypertonic nasal saline has a higher salt concentration (similar to sea water) which pulls fluid out of swollen nasal membranes shrinking them and thereby improving the airflow into your nose.



Powering On

Turn your NasalFresh MD® on by pressing the Power Button on the Mechanical Module. A green pilot light next to the ON/OFF Button will come on indicating the Device is in standby mode and ready to use.

Cleansing Modes

NasalFresh MD® has 3 Cleansing Modes - gentle, medium, and high. When you turn on the Device, the first of three blue lights next to the Power Button comes on indicating the Device is in gentle Cleansing Mode. Pressing the Power Button a second time will cause a second blue light to come on indicating the Device is in medium Cleansing Mode. Pressing the Power Button a third time will cause a third blue light to come on indicating the Device is in high Cleansing Mode.



Powering Off

Pressing the Power Button a fourth time will turn the Device off.

Using Your NasalFresh MD®

Experience precision fit technology with NasalFresh MD®'s adjustable nose pillows. Remove the Hand Control from the Storage Opening in the Mechanical Module. Holding the Hand Control in one hand, gently press the Pillows up against the nose so they gently seal the nostrils (as shown). To customize your fit, first, locate the angled bottom of nose pillows on the nasal dock. Then gently rotate pillows, clockwise or counterclockwise. Observe pillows moving closer and further apart. Adjust for your ideal nose width. The Pillows should rest lightly on the outer edge of your nostrils while still securing a seal. Keep the Pillows centered and unblocked up against the nose. Do not push the Pillows into the nose or press hard which can cause them to get blocked against the nasal wall decreasing or stopping the nasal irrigation process.



Press the Power Button on the Mechanical Module and select the desired Cleansing Mode.

Relax your jaw and breathe through your mouth. Press and hold down the Activate Button on the Hand Control. The pumps will start, and the drain valve will open causing saline to flow from the Upper Saline Tank through the 2-Way Hose into one nostril, around the back of the nose, and out the other nostril (as shown). The used saline will then flow into the Lower Wastewater Tank along with allergens, mucus, bacteria, viruses, and other nasal debris.

Pause or Stop. If you need to pause or stop the procedure at any time, just release the Activate Button, the pumps will shut off and the flow of saline will stop. Press and hold down the Activate Button to start again.

Reverse Direction of Flow. When approximately half the fresh saline in the Upper Tank remains, reverse the direction of the saline flow (left-to-right or right-to-left) for the remainder of the procedure. To do this, release the Activate Button - the saline will stop flowing. Remove the Nasal Pillows from your nose, turn the Hand Control over and re-insert the Nasal Pillows. Press and hold the Activate Button on the Hand Control. The pumps will restart. When the Upper Tank is empty, the procedure is complete. Gently blow your nose to remove any residual saline.

Tip: If you are getting water down your throat, there are helpful tips in the Frequently Asked Questions section of this Manual or you can contact our customer service at info@nasalfreshmd.com. We will be happy to help.

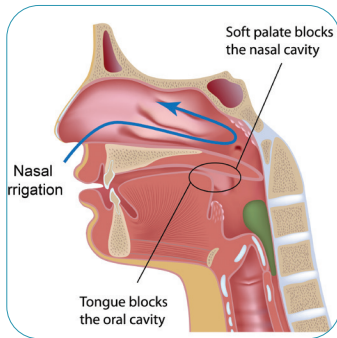
Frequently Asked Questions

- **How is NasalFresh MD® different from other nasal irrigators?**

NasalFresh MD® is the only nose cleaner of its kind with two precision pumps to provide powered rinse and suction. The powered rinse pushes the saline into the nostril and around the back of the nose where the powered suction can draw the saline out of the other nostril flushing away the allergens, mucus, bacteria, and viruses. This is why you do not have to hold the NasalFresh MD® up against your face or hold your head in an awkward position like some other devices.

- **How do I avoid getting water down my throat?**

The key to powered nasal irrigation is to relax and breathe through your mouth. When you breathe through your mouth, a flap of tissue toward the back of the mouth called the Soft Palate is raised and closes off the oral cavity from the nasal cavity. This ensures that fluid in the nasal cavity does not enter the back of the throat and cause you to gag or have a choking feeling. For most users this happens naturally.



If you get some saline at the back of your throat, don't swallow; spit it out and continue.

Remain relaxed, hold your jaw open slightly and continue breathing in and out through your mouth. Remember, Nasal irrigation is fun, easy and helps you Breathe better and Feel healthier. With a little practice, you should be fine.

- **Do I have to use the salt packets that come with the NasalFresh MD®?**

No. NasalFresh MD® may be used with most nasal saline refills. However, our salt packets contain just the right amount of salt for the larger water reservoir in the NasalFresh MD®. So, if you use another manufacturer's nasal saline refill you should add extra salt to compensate. Also, NasalFresh MD® saline packets are a proprietary blend of uniodized salt (sodium chloride) and baking soda (sodium bicarbonate) for extra gentle cleansing and improved mucus removal. Refills of NasalFresh MD® saline packets can be obtained online at www.nasalfreshmd.com.

- **How often can I use nasal irrigation?**

You can use it as often as you like. Nasal irrigation is a safe, drug-free, and effective way to remove allergens, mucus, bacteria, and viruses from your nose. Many users irrigate once or twice a day.

Cleaning and Drying

DO NOT place the NasalFresh MD® in a dishwasher or microwave.

DO NOT immerse the Mechanical Module in or rinse with water.

Upper and Lower Tanks. After each nasal wash, dispose of the wastewater in the Lower Tank. Detach both Tanks from the Mechanical Module and thoroughly rinse with hot water. At least once per month of use, wash the Lower Tank with hot water and unscented moisturizer-free liquid soap (“Liquid Soap”). Rinse well with cold water and let dry. To detach a Tank from the Mechanical Module, grasp the Mechanical Module with one hand and the Tank with the other and pull the Tank away from the Mechanical Module. Reverse this procedure to reattach.

Internal Mechanical Module (Self Cleaning). Attach the Self-Cleaning Tool to the Nasal Pillows on the Hand Control. Fill the Upper Tank with hot tap water mixed with 1 or 2 drops of Liquid Soap. Switch on the Device and run until the Upper Tank is empty. Dispose of the wastewater in the Lower Tank. **Run one more auto clean cycle with clean water after the soap cleansing cycle, to make sure the system is free of soap.**

External Mechanical Module. Wipe the outer surfaces of the Mechanical Module, Hose and Hand Control with a cloth dampened with liquid soap.

Nasal Pillows. Remove the Nasal Pillows from the Hand Control and wash in hot water with Liquid Soap. Rinse well with cold water and let dry.

Drying. Separate the Tanks and Nasal Pillows from the Mechanical Module. Air dry all parts before storage.

Important Safety Instructions

- READ ALL INSTRUCTIONS IN THIS OWNER'S MANUAL BEFORE USING THIS DEVICE. SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.
- THIS DEVICE IS FOR HOUSEHOLD USE ONLY.
- DO NOT use tap water unless sterilized by boiling. Only use water that is distilled, micro-filtered or previously boiled and allowed to cool to lukewarm or room temperature. The US Centers for Disease Control provide information about water for nasal irrigation at www.cdc.gov.
- Use this Device only as directed in this Owner's Manual or as directed by your medical provider. If you experience pain while using this Device, discontinue use immediately.
- This Device should not be used by children under 12 years old.
- DO NOT use this Device if you have an ear infection or your ears are completely blocked. Do not use if your nasal passages are 100% blocked and you cannot breathe through either nostril. Consult your medical provider before using if you recently had ear or nose surgery.
- Ear popping and ear fullness are common side effects of nasal irrigation but typically last for a short time only. Stop using this Device if the condition persists.

- DO NOT use water hotter than 90°F or 32° C.
- Clean this Device, including Nasal Pillows, according to the instructions in this Owner's Manual. Do not share Nasal Pillows to avoid cross infection between users.
- DO NOT place this Device in a dishwasher or microwave.
- DO NOT use this Device with illegal drugs, alcohol, or prescription drugs not prescribed by your medical provider.
- Do not operate this Device without first properly filling the Water Tank.

Limited Two-Year Warranty

(U.S. and Canada Only)

NasalFresh MD® will repair or replace (at our option) your Device free of charge for 24 months from the date of purchase if the Device is defective in workmanship or materials. To obtain service under this warranty, email us at info@nasalfreshmd.com or call 772.310.8007 for return instructions and return the defective Device to NasalFresh MD®, together with your purchase receipt. If you return the Device after one (1) year from the date of purchase include \$30.00 for postage and handling. In the absence of a purchase receipt, the warranty period shall be 24 months from the date of manufacture.

THIS LIMITED WARRANTY IS EXCLUSIVE OF ALL OTHER WARRANTIES, WHETHER ORAL OR WRITTEN, EXPRESS OR IMPLIED. THERE ARE NO IMPLIED WARRANTIES CREATED BY THE MANUFACTURE, SALE OR USE OF THE DEVICE. IN NO EVENT SHALL NASALFRESH MD BE LIABLE FOR ANY SPECIAL, INCIDENTAL, CONSEQUENTIAL, PUNITIVE, OR INDIRECT DAMAGES BASED UPON ANY LEGAL THEORY.

Some states do not allow limits on warranties, or remedies for breach in certain transactions or the exclusion or limitation of special, incidental, or consequential damages, or how long an implied warranty lasts. In such states, the limits contained herein and the disclaimer or exceptions from warranty may not apply. If applicable law does not permit the disclaimer of implied warranties, then the duration of such implied warranties is expressly limited to the duration of the express limited warranty set forth herein.

WHO IS COVERED. This warranty applies only to the original purchaser of the Device from NasalFresh MD® or an authorized reseller. The warranty cannot be transferred under any circumstances.

PRODUCT REGISTRATION. You must register your Device within 90 days of purchase in order to obtain the warranty. Your warranty is not effective unless you register your Device within the time provided. To register your Device, go on-line to <https://nasalfreshmd.com/pages/device-registration> or scan the QR Code below and complete the information required for registration.

PRODUCT CHANGES. NASALFRESH MD reserves the right to make changes and improvements to its devices without incurring any obligation to incorporate such improvements in the Device sold or to notify you of these changes or improvements.



Product Registration

MANUFACTURER

NasalFresh MD, LLC

Port St. Lucie, Florida 34986

www.nasalfreshmd.com

