

# ColdZyme® Mouth Spray against common cold

## Introduction

The most common route of infection by all cold viruses is that they enter cells in the respiratory tract, where they multiply and can spread and infect new cells. This phase, when the cold virus spreads in the respiratory tract, usually only lasts a few days. Symptoms often remain for a few days longer, however. The most common symptoms associated with a cold are a sore throat and a runny nose. You may also have a cough, aches and pains and fatigue. Colds are very infectious, especially during the first days of the illness.

## Indications

ColdZyme® Mouth Spray is an easy to use oral spray for common colds that forms a protective active enzyme barrier on the mucous membrane in your throat to prevent the cold virus from infecting cells in the throat. ColdZyme® also helps shorten the duration and severity of symptoms, if initiated at an early stage of the cold infection. The enzyme (psychrophilic trypsin) has been clinically documented to be effective against the common cold.

## How Does ColdZyme® Mouth Spray Work?

ColdZyme® Mouth Spray targets the oral cavity and the throat where cold virus take hold and multiply. It works by coating the lining of the mucous, creating a protective enzyme barrier. The barrier acts osmotic on the cold virus, trapping them and disables their ability to bind in to human cells, helping your body to remove them naturally.

- ColdZyme® Mouth Spray can be used preventively to reduce the risk of infection with a common cold.
- ColdZyme® Mouth Spray can be used in the early stages of infection to shorten the duration of a cold.
- ColdZyme® Mouth Spray is suitable for adults and children over 4 years.

## How To Use – for symptoms

Start to use ColdZyme® as soon as possible after noticing symptoms of a cold. Continue to use it until the symptoms are relieved. If the symptoms are not better within 10 days of starting the treatment, consult your doctor or health care provider. Instructions for use of ColdZyme® when you have cold symptoms:

- Open your mouth and aim the nozzle towards your throat (Figure 1).
- Press on the pump and spray 2 puffs (1 dose) every two hours while you are awake.
- Spray one dose after brushing your teeth before bedtime for longer protection during the night.
- Continue the treatment until the symptoms are relieved.

## How To Use – preventively

If you do not have any symptoms of a cold but are likely to be subjected to a cold virus, such as when someone near you has a cold, you can use ColdZyme® for preventive purposes. Do not use the product for a continuous period of more than 30 days. Instructions for use of ColdZyme® for preventive purposes:

- Open your mouth and aim the nozzle towards your throat (Figure 1).
- Press down on the pump and spray 2 puffs (1 dose) every two hours during the time you are exposed to the cold virus.
- One dose in the morning and evening is recommended as a general preventive measure. The spray can also be used after brushing your teeth before bedtime.

### Important

ColdZyme® Mouth Spray is for oral use only. Do not breathe in while spraying.

It must not be used after the expiry date, which is printed on the label of the bottle and on the bottom of the package.

### Cautions

Do not use ColdZyme® Mouth Spray if you are allergic to any of the ingredients. In case of adverse reactions stop treatment and consult a doctor or pharmacist. Never use the product after the expiry date, which is indicated on the packaging. Do not use ColdZyme® Mouth Spray for children under 4 years old. Keep out of sight and reach of children. The product should be stored at a cool dry place with maximum temperature of 25°C.

### Ingredients

The solution contains water, glycerol, trypsin (*Gadus morhua*)<sup>1</sup>, ethanol (< 1 %), and menthol. pH~8. It is free from sugar and contains no preservatives. The solution in the bottle is enough for 110 puffs (55 doses).



Manufacturer:

**Enzymatica AB**  
Scheelevägen 19A  
SE-223 70  
Lund, Sweden



<sup>1</sup> This product is manufactured and distributed under licence from Zymetech Ltd, Iceland.

Date of latest revision of this leaflet: 07/01/2014.

Figure 1

