



# RhinoScience

## Using Rinar:

You can use the Rinar in several ways but a common practice is to use the capsaicin as 3 sprays each nose, at least 3 times a day (30min apart) until the 'sting' or 'burn' is no longer perceived (it feels like the sensation when sniffing mustard or hot horseradish). Use it for at least 3 days (no less than 72hrs) but keep using until you become 'desensitized' to it. When the perceived 'sting' or 'burn' no longer occurs when you sprayed your nose then you've reached 'desensitization'. This usually occurs within 2 weeks (requiring 2-3 bottles). It can be repeated at any stage if symptoms begin to reappear.

## FAQs:

### Q. What is the active agent and how does it work?

A. Rinar contains capsaicin. This is derived from peppers and is the same agent used in 'pepper spray' used by the police. It's a much lower concentration but works by binding to the receptors on sensory nerve-endings. The capsaicin deactivates these receptors and makes the nerve less responsive to the environment. The primary focus of these nerve is in pain and temperature sensation. These nerves are commonly activated by irritants in our environment (see table). If you find that your nose commonly responds to these irritants then you are likely to be a good candidate for capsaicin desensitization.

### Q. Will Rinar harm my nose?

A. No. The capsaicin only binds to the nerve endings. Even if there is a burning or stinging sensation, this is a sensory experience only. This is similar to when we eat hot chili and our lips/mouth stings. No tissue damage or change on the mucosa is occurring.

### Q. How many sprays in the bottle?

A. There is 8ml of spray which is good for about 80-100 actuations/doses. This equates to 4-5 days of treatment and most patients will need at least 2 bottles if full de-sensitization is to occur.

### Q. Does Rinar expire?

A. You should aim to use the bottle within 6months of opening.

## Where to purchase:

RINARs an effective option for non-allergic rhinitis sufferers. RINAR is now available again in Australia. RINAR is sold online and through selected pharmacies who have chosen to stock the product.

Order online at [www.rhinoscience.com.au](http://www.rhinoscience.com.au) or ask your pharmacist to order RINAR on your behalf through [www.rhinoscience.com.au](http://www.rhinoscience.com.au).

### Irritants

- Perfume
- Hair spray
- Cosmetics (including aftershave lotion)
- Antiperspirants/deodorants
- Fresh newsprint
- Cooking/frying odors
- Bleach
- Soap powders (ie, laundry soap)
- Ammonia based cleaner
- Household cleaners
- Christmas tree odors or Pine
- Varnish
- Paints
- Sawdust
- Crude oil (gasoline, diesel, kerosene)
- Periods of high air pollution
- Cold air
- Weather (rain, dampness, temperature changes)
- Tobacco smoke/wood smoke (burning logs)
- Mold/mildew odors

KEEP OUT OF REACH OF CHILDREN

**Rinar**<sup>®</sup>  
NON-ALLERGIC RHINITIS  
NASAL SPRAY



Lasting symptomatic relief from a sensitive, irritated or congested nose

RINAR contains capsaicin for symptomatic relief of non-allergic rhinitis

Each metered dose contains: Capsicum fruit oleoresin 40µg containing capsaicin 4µg **8 mL**  
AUST L22998B