



"Nose-insert", the NPPU, use is for self-risk.

No health claims are not yet applicable to the listed properties of the NPPU.

The NPPU is currently only offered to private persons as a nose-insert of copper with a manual. Its use is based on the physical, chemical and medical properties of copper that have possibly transmission-reducing properties. The health claims can only become applicable after the medical validation tests are conducted, which are postponed due to insufficient priorities by the medical experts.

Please read the entire leaflet before using the NPPU, as it has important information for you.

Always use this tool exactly as described in this leaflet.

1. Keep this leaflet. You may need it if you use the tool again later. The latest version of the leaflet can always be found on our website www.waterandmineralsadvice.com
2. If you experience one of the side effects stop using the NPPU immediately.
3. The device should be washed regularly and stored in household vinegar for the removal of stuck snot and for reactivation of the copper surface of the NPPU. After rinsing with water, the NPPU can be used again.

Content of this leaflet

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1 What is the W&MA "nose-insert" and what is this tool used for?

Biochemical action

This tool consists of highly pure copper. Copper has a bacterial and virus-killing property. When copper comes into contact with the nasal mucus it activates the innate immune system and possibly reduces the risk of infection.

The contact of the antibacterial material with the nasal mucus is created by bringing the metal into contact with the nasal septum on both sides.

Application of the tool

The NPPU is thus applied to the nose that through each nostril a spiral part is placed up to the nose and presses the connecting-part against the nose. This ensures that the contact points of the NPPU are sufficiently far on the nasal septum, which ensures a good exchange with the mucus.

This tool is intended for persons who are in situations with an **increased risk of transmission of bacteria and viruses** and who are not able to keep **sufficient distance** e.g.

1. During traveling, such as in a; plane, train, metro, tram, bus, taxi, etc.
2. In stores
3. In hospitals and carehomes
4. Etc

The NPPU can be worn in combination with a facemask.



2 When should you not use this tool and what should you be careful about?

When should you not use this tool?

1. **If you are allergic (hypersensitive) to the used metal copper. This is extremely rare.**
2. **If you have had hypersensitivity reactions after using copper e.g. in jewelry or as a copper-based contraceptive the IUD.**
3. If you have inflammation in the airways (nose, throat, bronchi and lungs) and or in the mouth, esophagus and stomach.
4. If you suffer from nosebleeds quickly.
5. If you use a nasal spray. The advice is to start wearing the NPPU minimally 1h after using the nasal spray.
6. If you use eye drops. The advice is to start wearing the NPPU minimally 1h after using the eye spray.
- 7.

When should you be extra careful with this tool?

1. If you have a nose piercing.
2. If it is used by persons (children) and there is a risk of using of the NPPU other than prescribed.
3. This NPPU should only be used as a **nasal septum contact** device.
4. Dangerous misuse of the NPPU:
 1. Eating/swallowing the device can lead to stomach/bowel problems.
 2. Chewing on the tool can lead to dental problems.
 3. Deforming the tool can lead to a sharp wire with risk of injury in the nose.
5. If you are taking medication, it is recommended to use this tool for a limited amount of time (less than two hours per day).

Elderly

The risk of improper use of the device should be avoided.

Young people

The risk of improper use of the device should be avoided.

Pregnancy

The metals used have a positive effect on the immune system and have no adverse effect on the pregnancy and fertility. **Long-term contact for more than 4 hours per day should be avoided for the time being.**

Breastfeeding

Using the NPPU while breastfeeding is not recommended. Contact (chance of contact and swallowing) of the NPPU with the baby should be avoided.

Driving and using machines,

The use of the NPPU does not affect driving, other than that it may lead to loss of concentration due to nasal irritation. This should be avoided.



3 How do you use the NPPU?

Follow the procedure described.

Adult use:

1. First, read the leaflet present in the device's packaging.
2. The NPPU has antibacterial properties.
 1. Using the NPPU with clean, washed and dried hands helps reducing the risk of infections.
 2. Washing hands with antibacterial soap before touching the tool is advised
3. Take the tool out of the package with a clean hand.
 1. Hold the NPPU at the connecting part.
 2. Place the NPPU in your nose with the curls up/forward.
 3. Press the connecting part of the NPPU against the underside of your nose.
4. Store the package and leaflet for reuse.
5. Remove and Save the NPPU
 1. Before snouting your nose, temporarily take out the NPPU and place it again afterwards. Prevent the NPPU from coming into direct contact with dirt.
 2. In the case of initial persistent sneezing, it is advised to temporarily take out the NPPU.
 1. The NPPU is recognized by the nose as a strange and unnatural object and can therefore be uncomfortable at first use.
6. The NPPU can be stored in a clean place, in water and or in vinegar.
 1. Storing the NPPU in the air does not negatively affect its operation, rather positively. However, the NPPU is more likely to discolor.
 2. Storing the NPPU in (household) vinegar has the advantage that the snot partially dissolves and the copper surface is reactivated. It is advised to rinse the NPPU with tap water before inserting.
 1. The operation of the NPPU, without rinsing with tap water and thus with vinegar retention, initially gives a stronger effect caused by, among other things, the adherent acetic acid. This effect disappears after a few minutes.
 3. Storing in water partially dissolves the snot, but does not regenerate the copper surface.
7. It is recommended to wash or store the NPPU in vinegar once a week, to prevent the copper from being closed too much by contaminants on the surface, which reduces its operation.

4 Possible side effects?

Besides the desired effect of the NPPU, such as thinning of the mucus (runny nose) and sneezing, there are no known side effects of the use of copper.

Allergic reactions are extremely rare.

5 Other information.

All known information about the NPPU is listed on the website www.waterandmineralsadvice.com and will be updated immediately if more information becomes available.

Should critical information emerge in the course of further investigations, we will personally inform the buyers (via the NPPU website) by email.