**Steps for using XHANCE after priming**

1. **Step 1:** Remove the Cap.
2. **Step 2:** Shake XHANCE (See Figure E).
3. **Step 3:** Hold XHANCE by placing your fingers on the Indented Grip below the Flexible Mouthpiece. You can use 1 hand (See Figure F), or 2 hands (See Figure G) to hold XHANCE.
   - **Do not** place your fingers above or over the Flexible Mouthpiece.
Step 4: Gently insert the Nosepiece into the nostril. While still holding XHANCE on the Indented Grip below the Flexible Mouthpiece, insert the Nosepiece as far back into 1 nostril as comfortable (See Figure H). This helps to keep a tight seal between the Nosepiece and your nostril.

Important: Keep a tight seal between the Nosepiece and your nostril.

Step 5: Insert the Flexible Mouthpiece in your mouth, while keeping the Nosepiece in your nostril (See Figure I). Make sure that the Flexible Mouthpiece is secure in the mouth and the Nosepiece remains sealed in the nostril during use.

Note: You can bend the Flexible Mouthpiece up and down to get it into your mouth while keeping the Nosepiece deep in your nostril.

Step 6: Aim the device upward. This will help the medicine go deep into your nostril (See Figure J).

Note: You can use a mirror to help you aim the device upward.

Step 7: Blow hard into the Flexible Mouthpiece like you are blowing up a balloon (See Figure K).

Do not try to breathe in through your nose or sniff while blowing into the Flexible Mouthpiece.

Do not close or block your other nostril. This could prevent the air you blow into the Flexible Mouthpiece from leaving out through the other nostril.

Step 8: While still blowing hard into the Flexible Mouthpiece, use your thumb to press the Bottle to deliver medicine into your nostril (See Figure L).

Step 9: Repeat Step 2 through Step 8 in the “Steps for using XHANCE after priming” to deliver the medicine into your other nostril (See Figure M).

Cleaning and Caring for XHANCE

- You do not need to clean XHANCE. If you prefer to clean the device, remove the Cap and use a clean, dry, lint-free cloth to wipe after each use.
- Replace the Cap and store XHANCE in a clean, dry place.
- The XHANCE Bottle is made of glass. Do not remove the base from the bottle. If you accidentally drop XHANCE, check it for damage. Do not use if the device is damaged or the glass is broken. If damaged, call 1.833.678.6673.

How should I store XHANCE?

- Store XHANCE at room temperature between 59°F and 77°F (15°C and 25°C).
- Protect XHANCE from extreme heat, cold and light.
- Throw away XHANCE after using 120 sprays after initial priming. Even though the Bottle may not be completely empty, you may not get the correct dose of medicine if you continue to use it.

Keep XHANCE and all medicines out of the reach of children.