

Nasal Spray & Gargling

For the prevention & treatment of respiratory infections.

Normal Saline Solutions

“Saline water gargling and nasal irrigation represent simple, economical, practically feasible, and globally implementable strategies with therapeutic and prophylactic [preventive] value. These methods, rooted in the traditional Indian healthcare system, are suitable and reliable in terms of infection control and are relevant examples of harmless interventions.” **PMID: 33046408**

Hydrogen Peroxide (H₂O₂) Solutions

“Hydrogen peroxide, therefore, has the potential to mitigate the pandemic, a solution far simpler than had been imagined and which had been proposed earlier. Hydrogen peroxide could further mitigate the pandemic when used by both symptomatic and asymptomatic cases of COVID-19 by inactivating the viruses these patients shed.” **PMID: 35594985**

Povidone Iodine (PVP-I) Solutions

“PVP-I is a broad-spectrum microbicidal which inactivates bacteria, fungi, protozoans, and several viruses . . . can inactivate both enveloped and non-enveloped viruses. PVP-I gargle and throat spray are effective against rotavirus, adenovirus, poliovirus, mumps virus, coxsackievirus, herpes virus, rubella virus, human immunodeficiency virus, and influenza virus.” **PMID: 33747261** Also inactivates measles virus. **PMID: 9403252**

Study of Commercially Available Oral Rinses

“ . . . we provide evidence that SARS-CoV-2 can be efficiently inactivated by commercially available oral rinses within short exposure times of 30 seconds.” **PMID: 32726430**

Xylitol/GSE **PMID: 33173650** ; Chlorine Dioxide **PMID: 20616431** ; Colloidal Silver **PMID: 27649147**

Be Safe & Effective

Find studies by PMID #s @: <https://pubmed.ncbi.nlm.nih.gov/>

This information is not meant to be medical advice. Please research safe and effective methods for nasal sprays and gargling and consult your own trusted healthcare advisor before starting any new health care routine.

HealthyImmunityNow.org