

Health NEWS YOU CAN USE

Cold Season Is No Holiday

(NAPSA)—The common cold is more than just common...it's virtually unavoidable. According to a recent survey, more than half of Americans (53 percent) report that they catch at least two colds each season, with 46 percent saying they suffer from sniffing and stuffy noses at least once.

It turns out that the holidays leave most people in a daze from colds and congestion. More than half of Americans say that they're most likely to catch cold during November, December or January (53 percent). That stuffy nose is probably a present from a loved one, as 59 percent of respondents say they're most susceptible to colds when their family members are under the weather. Tissues should top most gift lists, as respondents say stuffy or runny noses are the worst cold symptoms (37 percent) and supreme sniffers (25 percent) will blow their noses more than 30 times a day.

Cold comfort

Fortunately, relief is in the air. CNS, Inc.—makers of Breathe Right nasal strips—has introduced the Breathe Right Vapor Shot! Personal Vaporizer to provide Americans with instant, soothing comfort to help them breathe better and feel better fast.

The new system is a convenient personal vaporizer that has penetrating mentholated vapors that work instantly to help people get on with their day. Instead of taking a hot, steamy shower or hanging your head over a steaming sink of water, this new vaporizer offers a portable, drug-free breathing solution with the dual benefits of mentholated vapors and steam.

“Our research shows that 96



A new product can help people stay congestion-free throughout cold season.

percent of Vapor Shot! personal vaporizer users felt the vapors broke through their nasal congestion and 93 percent said it provided instant relief,” said Andy Anderson, Ph.D., Vice President of Product Development and Regulatory Affairs at CNS. “This is comforting news for individuals who don’t have time to be slowed down by congestion.”

Each Vapor Shot! package contains eight effervescent tablets, a cup and lid, as well as samples of Breathe Right Mentholated Vapor Strips, which are primarily used to relieve nighttime nasal congestion and snoring.

The new personal vaporizer is available at mass merchandise retailers, drugstores and supermarkets, displayed with other Breathe Right products in the cough/cold section. The product is recommended for ages 6 and up and is safe to be used as often as desired. The suggested retail price is \$5.99 to \$7.99. For more information, visit www.breatheright.com.