NOTHING WORKS FASTER*

START TO FEEL RELIEF WITH JUST 1 DOSE.

*Among Oral OTC products. Use as Directed

COLD & FLU SYMPTOMS	SINUS & ALLERGY SYMPTOMS
Nasal Congestion	Nasal Congestion
Chest Congestion	Chest Congestion
Runny Nose & Sneezing	Runny Nose & Sneezing
Body Aches and Fatigue	Headache
Cough & Sore Throat	Sinus Pressure
Fever	Itchy and/or Watery Eyes

PRIMARY CAUSES OF NASAL CONGESTION & SINUS PRESSURE

UNDERLYING CAUSE: Anything that inflames or irritates your nasal tissue.

IRRITATING TRIGGERS: Bacteria or a cold or flu virus

IMMUNE RESPONSE: The delicate tissues lining your sinuses start to swell.

SINUS CONGESTION SIGNS & SYMPTOMS

Mucus is important to your health, from moisturizing your airways to protecting it from harmful pathogens. But things like allergies or cold viruses can thicken it, making it interfere with your breathing and well-being.

HEADACHE & PAIN

Dull, throbbing pain located at the front of your face. The pain may get worse when you lean over or bend down, when you touch your face (especially your cheeks or forehead) and might also feel more severe in chilly, damp weather. If your sinus headache comes from a cold or flu, you'll have other symptoms, too.

COUGHING

If you have sinus pressure and nasal congestion, you might develop a sore throat and experience a dry (nonproductive) coughing, or develop a wet productive chest cough. This is due to the mucus running down the back of your nose to your throat, where it can cause additional irritation.

SINUS PRESSURE

If sinus pressure and nasal congestion are caused by an infection, a rise in body temperature may soon join the mix of symptoms. A sinus infection can trigger some whole-body symptoms as your immune system fights to keep the infection at bay—which may cause fatigue or a fever.

RELIEVING SYMPTOMS

There are things you can do to help relieve your sinus pressure before you reach for any medicine. Here are a few things you can try to relieve sinus pressure and nasal congestion:

HUMIDIFIERS & VAPORIZERS

IRRIGATE YOUR SINUSES

DRINK LOTS OF FLUIDS

If these steps don't work, the next approach is over-the-counter medicine. When trying to relieve sinus pressure and nasal congestion, look for a nasal decongestant. A decongestant will shrink the mucus membranes that have swollen in your nasal cavity.

For relief from sinus congestion accompanied by pain and chest congestion, turn to Maximum Strength Mucinex® Sinus-Max® Severe Congestion & Pain Caplets—or another member of the Mucinex® Sinus-Max® family of products.

FAQS

Do Mucinex Sinus-Max products contain a sleep aid?

No, Mucinex Sinus-Max products do not contain a sleep aid.

Can I use Mucinex Sinus-Max products for an extensive period of time?

Mucinex Sinus-Max products are for the temporary relief of sinus-related symptoms and should always be used as directed.

What is the Mucinex Sinus-Max product dosage?

The Mucinex Sinus-Max product range offers a variety of products in liquid, caplet, liquid gel, and nasal spray format. Please refer to the dosing directions on the product for further instructions.

What formats are Mucinex Sinus-Max available in?

The Sinus-Max products are available in liquid, caplet, liquid gel, and nasal spray.

Always read and follow pack label