



RESPONSIBLE ENTITY AND MANUFACTURER
KOPALNIA I WARZELNIA SOLANEK DR ZABŁOCKA SP.Z O.O.

Zabłocka[®]

BRINE MIST IODINE-BROMINE

NATURAL MEDICINAL WATER



TRADITION AND PASSION
Kopalnia i Warzelnia Solanek dr Zabłocka Sp. z o.o.

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Brine mist can be used for:



INHALATION AND NEBULIZATION



RINSING THE MOUTH AND THROAT



SINUS RINSING



HUMIDIFYING, AND IONIZING THE AIR



What is Zabłocka Brine Mist?



NATURAL MEDICINAL WATER

Zabłocka Brine Mist is a natural medicinal water extracted in Dębowiec. This unique complex of natural minerals, including calcium, silicon, selenium, and bromine, supports our health in many aspects.

Thanks to its high iodine content, it has anti-inflammatory, antibacterial, and antiviral properties. Additionally, it has antifungal properties, making it excellent for treating various infections and inflammations of the upper and lower respiratory tract.



BRINE MIST



Indications for use:



NATURAL MEDICINAL WATER

Zabłocka Mist Brine can be used in cases of:

- runny nose
- cough
- sore throat
- sinusitis
- laryngitis
- bronchitis, pneumonia
- allergies
- asthma

as well as for the prevention of these conditions.

BRINE MIST

For what purpose is it used?



01

Reduction of swelling in the airway walls.

02

Clearing the airways.

03

Reduction of pain in the throat and periodontal area.

04

Maintaining proper humidity and air quality.

05

Moisturizing the mucous membranes of the upper and lower respiratory tracts.

06

Facilitating breathing by supporting the removal of accumulated secretions in the airways.

BRINE MIST

How to use?



Inhalations and Nebulizations



We recommend performing inhalations 3 to 4 times a day throughout the duration of respiratory infections. For prevention, we suggest inhalations once a day, which will help prevent infections during periods of increased illness risk.



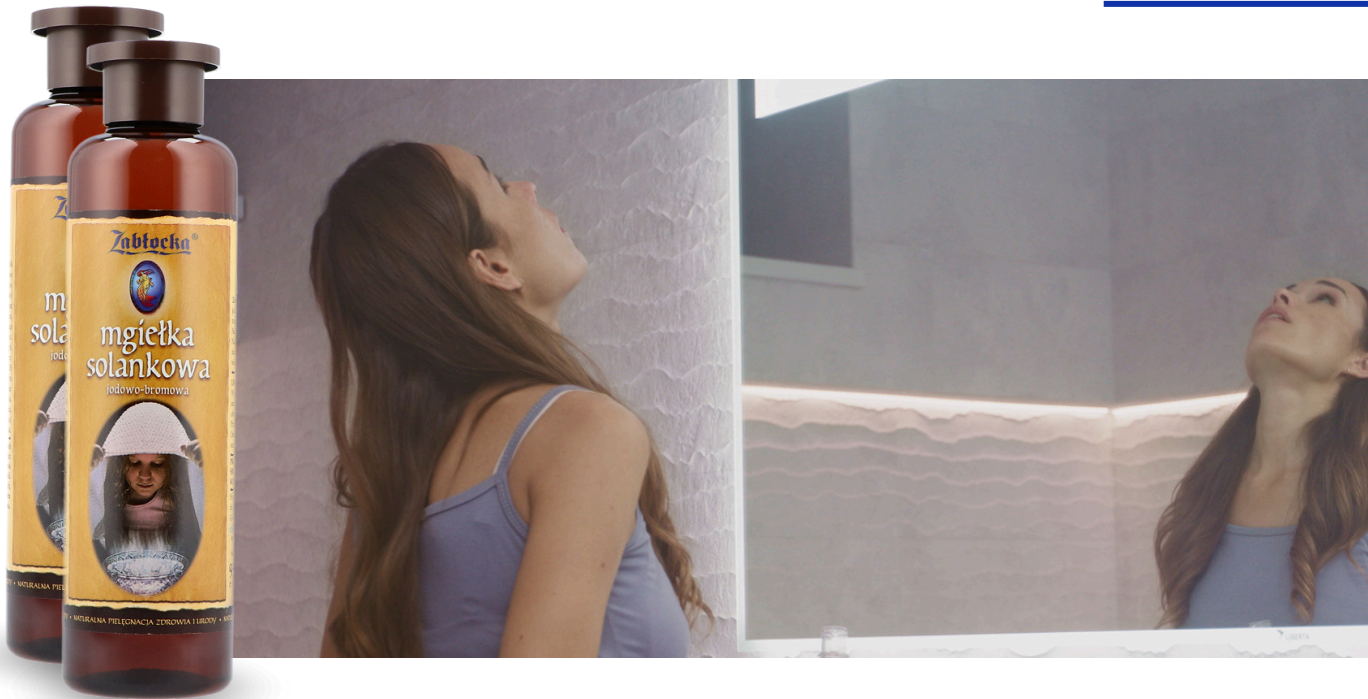
In specialized devices adjust the amount of Brine Mist according to the device manufacturer's instructions, usually between 2ml to 5ml. The product does not require dilution and is ready to use.



Traditional steam inhalations heat about 250ml-500ml of Brine Mist in a vessel. Lean over the vessel with the hot Brine Mist and cover your head with a towel to trap the steam. Inhale slowly and deeply through your nose for about 5-10 minutes. The product does not require dilution and is ready to use.

BRINE MIST

How to use?



Mouth and Throat Rinsing

Rinse 3–4 times a day, especially after each meal and at night after brushing your teeth. Using the rinse at the first signs of a sore throat, canker sores, and gum discomfort usually avoids the need for antibiotic treatment. The Saline Mist does not require dilution and is ready to use.



Sinus Rinsing

It helps reduce chronic inflammation and discomfort associated with sinus problems. For prevention, rinse once a day. To alleviate sinus infection symptoms, we recommend rinsing twice a day. The product does not require dilution and is ready to use.



Humidifying and Ionizing Air

Depending on the type of device, use it in its natural state or dilute with mineral/boiled water in a 1:2 ratio (one dose of Saline Mist to two doses of water). The proper humidity level indoors is around 40-60%.