

INFORMATION SHEET FOR NECESSITY® NATURAL COLD SORE RELIEF

Cold sores result when the herpes simplex virus (HSV-1) becomes active and replicates itself. The virus will have previously infected the site where the symptoms become evident and, under conditions that favour it, the virus becomes active, producing the symptoms that we recognize as cold sores.

The symptoms of cold sores are:

A burning, tingling or itching sensation at the site of the infection.

Small red “pimples” appear, usually developing into blisters, and these pimples and blisters are usually quite painful. They may be associated with mild fever and a runny nose, and might also be accompanied by head ache and swelling of nearby lymph glands.

Within two days of the first symptoms you will probably develop a cold sore. The skin will break and a fluid will weep from the sore. This fluid is highly contagious, and the infection can spread to other sites on your own skin or can pass on to someone else.

In the next phase of the cold sore the body tries to protect the wound from bacterial infection by covering it with a scab. During this phase you might still have some secondary symptoms (fever, aches, runny nose, and swollen lymph glands).

Within a week or so the scab will fall off, leaving a pink or reddish mark. The secondary symptoms will disappear, and you will think that the episode is over. However, the sore is still contagious until the mark has completely disappeared. This process might take several days.

While the above symptoms are often experienced, there are variations in the way the infection presents itself, and symptoms can vary considerably.

Helping to avoid cold sores:

You are more likely to get cold sores if your immune system is weakened and if you are run down in health. To minimize the likelihood of cold sores it is wise to maintain optimum health by having enough rest and plenty of exercise, choosing a good nutritious diet and drinking plenty of water. It is also recommended to avoid dangerous drugs, alcohol and tobacco, as well as artificial foods and drinks that weaken the immune system.

If, despite your best effort, you still frequently, or even occasionally, suffer from cold sores, applying Necessity Natural Cold Sore Relief three or four times a week around the affected areas may help to prevent the re-occurrence of the problem. Daily application may be more effective in severe cases.

What can you do if you do feel a cold sore coming on?

Necessity® Natural Cold Sore Relief has been developed specifically to relieve the discomfort of cold sores. It is formulated from an infusion of natural essential oils of Tea Tree and Eucalyptus, substances that have been used for many years in traditional medicines by

Australian Aborigines. The active ingredients interact synergistically with excipient ingredients to relieve the discomfort of cold sores. Our formula contains only natural ingredients, free from synthetic colours or fragrances, and contains no added petrochemicals. No parabens, or glycol are included, and the product is silicone-free.

At the first sign of a cold sore, as soon as you become aware of the burning, tingling, or itching sensation, begin applying Necessity® Natural Cold Sore Relief to the affected area. First wash hands well, and then place one or two drops of the product on the finger-tip and massage it into the affected area. The oils will be absorbed into the skin and you should be able to feel the effects within a few minutes. Repeat this process three or four times a day, preferably after meals so that the oils remain on the skin as long as possible before being wiped off during the meal. The oil can be re-applied at any time if you feel it has been wiped off before it has had time to be absorbed effectively. Continue application as long as any sign of the cold sore remains.

The sooner in the development of symptoms you begin using Necessity® Natural Cold Sore Relief, the better the outcome will be.

In the very unlikely event that your skin is sensitive to the product, discontinue use and seek advice from your healthcare practitioner. **Please also report any adverse reactions to the use of this product to Accent Body Care.**