

HOW TO USE YOUR TWISTHALER



1. Stand up.
2. Hold the Twister upright like a rocketship with the pink base on the bottom.



4. Turn the Twister flat on its side. Close lips tight around the mouthpiece. Take a **BIG, DEEP, FAST** breath in.



3. Hold the pink base and twist the white cap off. The counter will count down by one as you twist off the white cap.



5. Take the Twister out of your mouth and hold your breath. Count to 10 slowly.



4. Breathe **ALL** the air out of your lungs.



6. Replace the cap on the inhaler and twist until it clicks and is tight. Breathe out slowly, like cooling soup on a spoon.



7. Rinse mouth out with water and gargle. Do not swallow.

Keep your Twister in a cool, dry place.

Do not shake your Twister.

Do not get your Twister wet.

Do not blow into your Twister.