

# How to Use Your WBRx Metered-Dose Inhaler



Wellness  
BioSciences Rx

01



Stand or sit up straight with your head tilted back slightly. Remove the cap from the inhaler.

02



Take a few slow, deep breaths in and out, exhale fully, then place the inhaler in your mouth.

03



Breathe in normally while pressing the metal container down into the actuator one time.

04



Complete a normal inhalation after pressing the actuator to ensure your lungs fill completely.

05



When your lungs are full, hold your breath for 7-10 seconds, then exhale normally.

**Note:** Using an inhaler correctly requires good muscle memory. It may take 3-4 uses before you get the hang of it. If you feel a tickle in your throat, try completing the inhalation through your nose after pressing the actuator.

## If You Need to Clean Your WBRx Metered-Dose Inhaler:

01



CBD mist can have a sticky consistency, so if the actuator is used incorrectly buildup can decrease the effectiveness of the inhaler. If this happens, you can clean it very simply by running the actuator under hot water to clear the clog.

02



If the water doesn't fully clear the clog, or you want to clean it more in-depth, you can use 70% isopropyl alcohol and a cotton swab to fully clean it out.

Never remove the metal container from the actuator.