

Could a Simple Nasal Spray Be the Answer to COVID-19?

A nasal spray containing nitric oxide has been shown to reduce the viral load in COVID-19 cases by 95% within 24 hours, and 99% in 72 hours. The research, published in the *Journal of Infection*, is now in Phase II clinical trials.

Study authors said the treatment “was found to be effective and safe in reducing the viral load in patients with mild, symptomatic COVID-19 infection.”

Other studies with nasal sprays are also ongoing. For example, an in vitro study conducted jointly by researchers at Northwestern University and Utah State University found that a single blast of the over-the-counter sinus spray Xlear, made with grapefruit seed extract and xylitol, could reduce and nearly eliminate SARS-CoV-2, the virus that causes COVID-19.

In a press release Xlear study authors said the study breaks new ground because they found the spray could also help stave off H1N1 and emerging SARS-CoV-2 variants. On its website, xlear.com indicates the spray can be purchased at dozens of pharmacies and grocery stores.

SOURCES:

[J Infect. 2021 Aug; 83\(2\): 237-279](#)

[ZeroHedge August 25, 2021](#)

[BioSpace January 26, 2021](#)

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