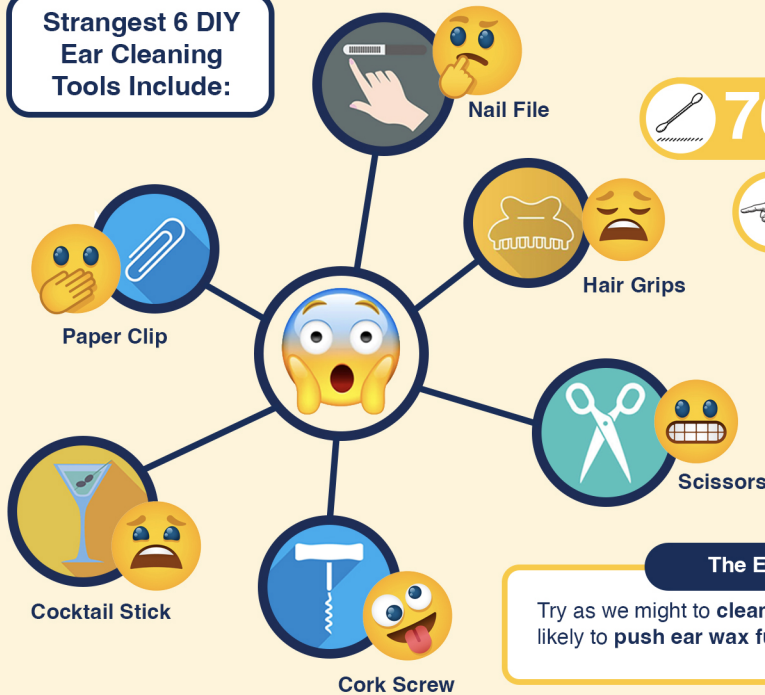


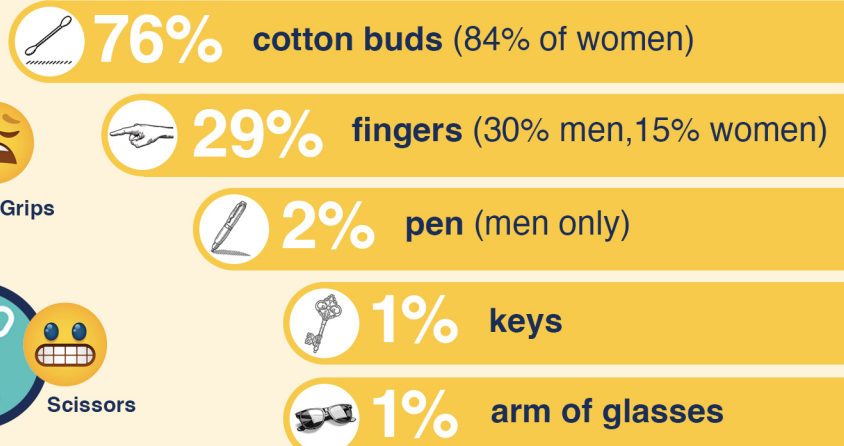
## UK Hearing Health Habits Revealed<sup>1</sup>

Research commissioned by Cl-ear™, the specialist ear care range, reveals the nation's favourite DIY ear cleaning tools, our fascination with ear wax and more about our hearing health habits.

### Strangest 6 DIY Ear Cleaning Tools Include:



### The Nation's Top 5 DIY Ear Cleaning Tools

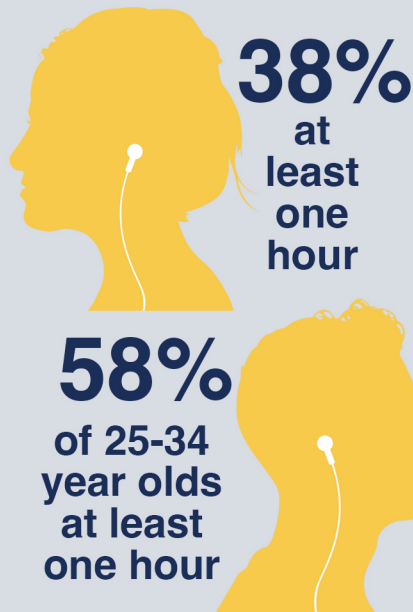


### The Experts Say:

Try as we might to clean our ears out, all of the dewaxing methods above are actually more likely to push ear wax further into the ear than to help its transition out.

### Thank You for the Music?

How Many Hours a day do you use ear buds?



### The Experts Say:

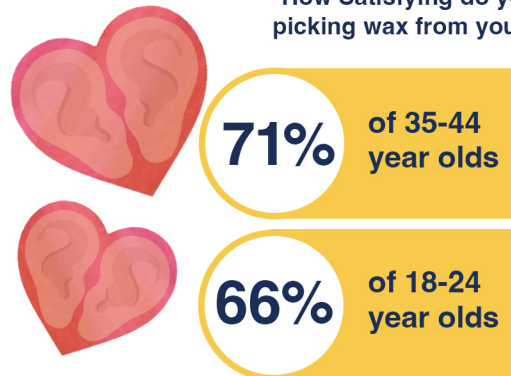
Ear buds can push ear wax further into the ear and cause infection. Limit use and clean regularly.

### For the Love of Ear Wax

How Waxy are Our Ears?



How Satisfying do you find picking wax from your ears?



### The Experts Say:

Picking out your own ear wax can damage the ear canal and even the eardrum. Try not to do it, however overwhelming the compulsion.

Discover the range of Cl-ear™ specialist ear care products, a range of effective, easy to use treatments to remove ear wax, and a formulation to provide soothing relief for ear pain, itching and inflammation of the outer ear canal.

If you swim regularly, wear ear pods, use hearing aids, or simply produce excess ear wax naturally, it's time to give your ears the all Cl-ear™ treatment.



Find out more at [www.cl-ear.com](http://www.cl-ear.com)

<sup>1</sup>Research Carried out by Research Without Barriers (RWB), October 2022 amongst 1,009 adults.