### **Drug Facts**

#### Active ingredient (in each packet)

Purpose

#### Uses

■ Shortens duration and reduces severity of symptoms associated with the common cold and throat/nasal/bronchial irritations:

- congestion
  hoarseness
- cough ■ sore throat
- headache

#### Warnings

**Sore throat warning:** if sore throat is severe, persists more than 2 days, is accompanied or followed by a fever, headache, rash, nausea or vomiting, consult a doctor promptly.

#### Ask a doctor before use if you have

- persistent or chronic cough such as occurs with smoking, asthma, chronic bronchitis or emphysema.
- a cough accompanied by excessive phlegm (mucus).

#### Stop use and ask a doctor if

- new symptoms occur, symptoms get worse or last more than 7 days.
- cough lasts more than 7 days or occurs with rash or persistent headache.
- fever worsens or lasts more than 3 days.

These could be signs of a serious condition

If pregnant or breast-feeding, ask a healthcare professional before use.

**Keep out of reach of children.** In case of overdose, seek medical help or contact a Poison Control Center immediately.

#### Directions

- Dissolve contents of 1 packet in 4-6 ounces of hot water and sip while hot. May also be dissolved in 4-6 ounces of cold water, which may be preferable for children.
- For best results, use at the first sign of symptoms and continue to use for an additional 48 hours after symptoms cease.
- Adults & children 12 years of age and older: take 3-4 times daily.
- Children 6-11 years of age: take 2-3 times daily.
- Children under 6 years of age: consult a doctor.

#### Other information

■ Store at room temperature 20-25°C (68-77°F) in a dry place out of direct sunlight.

**Inactive ingredients** citric acid, maltodextrin, natural lemon flavor with other natural flavors, silica, xylitol, yellow color (from turmeric).

Questions? 1-800-9NATURE or www.naturesway.com

## **Umcka**° ColdCare

#### **TRADITIONAL ROOTS**

UMCKA® is made from Pelargonium sidoides roots and originates from traditional South African medicine.





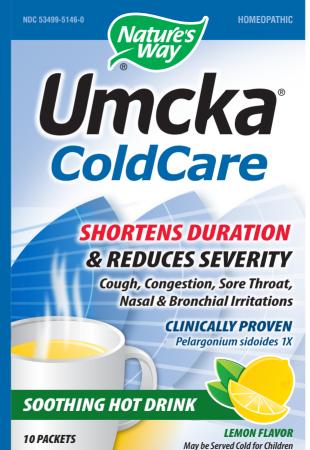
#### **WORKS DIFFERENTLY**

UMCKA® does more than just relieve common cold symptoms—it actually speeds your recovery time.

#### **CLINICALLY PROVEN**

UMCKA® is proven effective in clinical studies for alleviating common colds plus nasal, throat and bronchial irritations.

TAMPER EVIDENT: Safety sealed in packet units. Do not use if individual packets are open or torn.



# **Umcka**° ColdCare

- Clinically Proven
- Soothing Hot Drink
- Non-Drowsy

Shortens duration and speeds recovery time

with UMCKA®

without UMCKA®

duration of symptoms

**Reduces severity** of common cold, nasal, throat and bronchial irritations



