

## Drug Facts

**Active ingredient**      **Purpose**  
(111 mg in 1½ teaspoons (tsp) = 7.5 mL)

*Palargonium sidoides* 1X..... Shortens duration and reduces severity of upper respiratory symptoms

### Uses

■ Shortens duration and reduces severity of symptoms associated with common colds and throat/nasal/bronchial irritations:  
■ congestion ■ cough ■ hoarseness ■ sore throat

### Warnings

**Sore throat warning:** severe or persistent sore throat for more than 2 days or if accompanied by high fever, headache, nausea, vomiting or rash may be serious. Consult a physician promptly.

### Ask a doctor before use if you have

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

### Stop use and ask a doctor if

■ new symptoms occur, symptoms worsen or do not get better within 7 days ■ fever worsens or lasts more than 3 days ■ cough lasts more than 7 days or occurs with rash or persistent headache. 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

■ For best results, use at first sign of symptoms and continue to use for an additional 48 hours after symptoms cease.  
■ Use only with enclosed dosage cup.

Age	Dose
Adults & children 12 years of age and older	Take 1½ teaspoons (tsp) (7.5 mL) 3 times daily
Children 6-11 years of age	Take 1 teaspoon (5 mL) 3 times daily
Children under 6 years of age	Consult a doctor

## Drug Facts (continued)

### Other information

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

**Inactive ingredients** citric acid, ethyl alcohol, glycerin, maltodextrin, natural flavor, purified water, red cabbage juice (color), sorbitol.

**Questions?** 1-800-9NATURE / naturesway.com

## TRADITIONAL ROOTS

UMCKA® is made from *Palargonium 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 with printed outer shrink band and printed inner seal. Do not use if either seal is broken or missing.

NDC 53499-5794-5

HOMEOPATHIC



# Umcka® ColdCare

## SHORTENS DURATION & REDUCES SEVERITY

Cough, Congestion, Sore Throat,  
Nasal & Bronchial Irritations

**CLINICALLY PROVEN**  
*Palargonium sidoides* 1X

Suitable for Children  
Non-Drowsy Formula



**SUGAR-FREE  
SOOTHING SYRUP**

**99.4% ALCOHOL-FREE**  
(0.6% Alcohol)

**GRAPE FLAVORED**  
4 FL OZ (120 mL)

# Umcka® ColdCare

- Clinically Proven Effectiveness
- Delicious, Quickly Absorbed Syrup
- Non-Drowsy, Suitable for Children

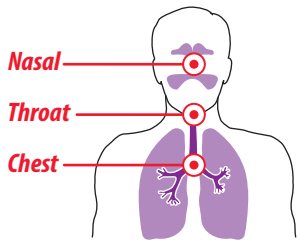
✓ **Shortens duration** and speeds recovery time from common colds

with UMCKA®

without UMCKA®

duration of symptoms

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



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