

Drug Facts

Active ingredient (in each chewable tablet)

Pelargonium sidoides 1X.....Shortens duration and reduces severity of upper respiratory symptoms
Aconitum napellus 4X, *Eucalyptus globulus* 2XPain reliever/fever reducer*
Bryonia 4X, *Eupatorium perfoliatum* 2X.....Cough suppressant*
Gelsemium sempervirens 4X, *Phosphorus* 6X Sneezing/runny nose/sore throat*
Ipecacuanha 3X Nasal decongestant*

Purpose

Uses

Shortens duration and reduces severity of symptoms associated with the common cold and throat/nasal/bronchial irritations, and temporarily relieves flu symptoms:

- chills/fever* ■ congestion/stuffy nose ■ cough ■ headache
- hoarseness ■ minor aches/pains* ■ sneezing/runny nose ■ sore throat

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

- Chew or dissolve tablets in the mouth. Do not swallow whole.
- 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 1 chewable tablet 4-5 times daily.
- **Children 6-11 years of age:** take 1 chewable tablet 2-4 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 annatto, beet juice, caramel color, lactose, magnesium stearate, malic acid, maltodextrin, mannitol, modified cellulose gum, natural berry flavor with other natural flavors, sorbitol, stearic acid, xylitol.

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

*These indications are based solely on traditional homeopathic use. They have not been evaluated by the Food & Drug Administration.

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Umcka® Cold+Flu

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 blister units. Do not use if individual blisters are open or torn.

NDC 53499-5159-0



HOMEOPATHIC

Umcka® Cold+Flu

MULTI-ACTION NON-DROWSY

Minor Aches/Pains*, Congestion, Cough, Fever*, Runny Nose, Sore Throat

CLINICALLY PROVEN

Pelargonium sidoides 1X
PLUS Alpha® CF



CHEWABLE TABLETS

20 TABLETS • Suitable for Children

BERRY FLAVOR

Umcka® Cold+Flu

- Great Tasting Chewables
- Non-Drowsy



Clinically tested Umcka® plus Alpha® CF combined into one complete, multi-action cold and flu formula:

✓ **UMCKA®** (*Pelargonium sidoides* 1X) shortens duration and reduces severity of cold, nasal, throat and bronchial irritations.

✓ **ALPHA® CF** (*Aconitum napellus* 4X, *Bryonia* 4X, *Eucalyptus globulus* 2X, *Eupatorium perfoliatum* 2X, *Gelsemium sempervirens* 4X, *Ipecacuanha* 3X and *Phosphorus* 6X) provides multi-symptom relief of colds and flu.*

