

Drug Facts

Active ingredient

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

Purpose

Uses

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

- congestion
- cough
- headache
- hoarseness
- 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

- 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 1.5 mL 3 times daily by mouth.
- **Children under 12 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 purified water, vegetable source glycerin.

Questions? 1-800-9NATURE or visit 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 blister units. Do not use if individual blisters are open or torn.

NDC 53499-5270-4

HOMEOPATHIC



Umcka® ColdCare

SHORTENS DURATION & REDUCES SEVERITY

Cough, Congestion, Sore Throat,
Nasal & Bronchial Irritations

CLINICALLY PROVEN
Pelargonium sidoides 1X



ORIGINAL DROPS

1 FL OZ (30 mL) • 13% Alcohol • Traditional Formula



Umcka® ColdCare

- Clinically Proven
- Traditional Formula

✓ Shortens duration
and speeds recovery time

with UMCKA®

without UMCKA®

duration of symptoms

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

