

NIGHT Formula

Drug Facts (Night continued)

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 1 packet 30 minutes prior to bedtime.

■ **Children 6-11 years of age:** Take ½ packet 30 minutes prior to bedtime.

■ **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, honey, lactose, luo han guo, maltodextrin, natural lemon flavor with other natural flavors, silica, stevia leaf extract, turmeric (for color), 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.**

DAY Formula

Drug Facts (Day continued)

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 2 times daily.

■ **Children 6-11 years of age:** take 1-2 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, turmeric (for color), xylitol.

Questions? 1-800-9NATURE or [naturesway.com](http://www.naturesway.com)

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Green Bay, WI 54311 USA

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

DAY Formula

Drug Facts (Day)

Active ingredient

(in each packet)
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. ◀

NDC 53499-1060-1

HOMEOPATHIC



Umccka[®]

ColdCare

Day + Night

Shortens Duration Reduces Severity Cough, Congestion and Sore Throat

Lemon-Citrus plus
Honey-Lemon flavors

**Soothing
Hot Drink
Mixes**



12 PACKETS (8 Day / 4 Night)

NIGHT Formula

Drug Facts (Night)

Active ingredients

(in each packet)
Pelargonium sidoides 1X..... Shortens duration and reduces severity of upper respiratory symptoms

Purpose

Chamomilla recutita 2X, Helps with restful sleep^{††}
Humulus lupulus 1X,
Passiflora incarnate 1X

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.

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- 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. ▶