

Drug Facts

Active ingredient
(in 1½ teaspoons = 7.5 mL)

Purpose

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

Aconitum napellus 3X.....Cough suppressant and pain reliever*

Bryonia 3X,.....Cough suppressant
Hepar sulphuris calcareum 6C, and expectorant*
Stannum metallicum 6C

Spongia tosta 3X..... Cough suppressant*

Uses

- Shortens duration and reduces severity of symptoms associated with common colds and throat/nasal/bronchial irritations:
 - congestion ■ cough ■ hoarseness
 - sore throat ■ sneezing ■ stuffy/runny nose
- Temporarily relieves cough due to minor bronchial and throat irritations as may occur with a cold

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.

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. ▶

Drug Facts (continued)

Directions

- For best results, use at first sign of symptoms.
- Continue to use for an additional 48 hours after symptoms cease.

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

Other information

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

Inactive ingredients citric acid, english ivy leaf extract, lactose, maltodextrin, purified water, sorbitol, vegetable-source glycerin.

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

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

TAMPER EVIDENT: Safety sealed with printed outer shrinkband and printed inner seal. Do not use if either seal is broken or missing.

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HOMEOPATHIC



Umcka[®]

COUGH

MAX RELIEF

Cough • Bronchial Irritations
Chest Congestion • Sore Throat

MULTI-ACTION
***Pelargonium sidoides* 1X**
plus 5 Supportive Actives

Non-Drowsy Formula
Suitable for Children



SOOTHING SYRUP

99.95% ALCOHOL-FREE
(0.05% Alcohol)

ENGLISH IVY BASE
4 OZ (120 mL)



Umcka[®]

COUGH

Non-Drowsy • Suitable for Children

✓ **Clinically proven *Pelargonium sidoides* plus 5 supportive homeopathic actives in a base of English Ivy**

✓ **Shortens duration of coughs, colds & upper respiratory irritations**

with UMCKA

without UMCKA

duration of symptoms

✓ **Reduces severity of coughs, colds & upper respiratory irritations**

Nasal

Throat

Chest

