Drug Facts

Active ingredient

Purpose

Pelargonium 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 hoarseness
- cough sore throat
- headache

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.



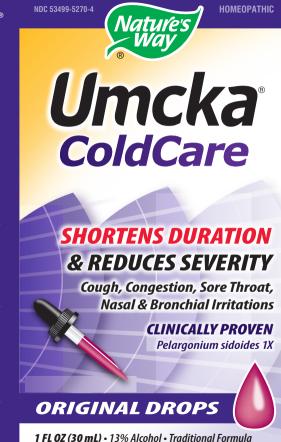
WORKS DIFFERENTLY

UMCKA® does more than iust 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.



Umcka® **ColdCare**

- · Clinically Proven
- Traditional Formula

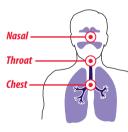
Shortens duration and speeds recovery time



without UMCKA®

duration of symptoms

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





Nature's ColdCare®