

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 the common cold and throat/nasal/bronchial irritations:

- congestion
- cough
- hoarseness
- 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 6-11 years of age:** take 1 mL 3 times daily by mouth.
- **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, potassium sorbate, purified water, sorbitol, vegetable-source glycerin.

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

Umcka[®] ColdCare

NDC 53499-5271-4



HOMEOPATHIC

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: Do not use if imprinted shrinkband around bottle cap is broken or missing.

Umcka[®] ColdCare

SHORTENS DURATION & REDUCES SEVERITY

Cough, Congestion, Sore Throat, Nasal & Bronchial Irritations

CLINICALLY PROVEN
Pelargonium sidoides 1X



99.9% ALCOHOL-FREE DROPS



1 FL OZ (30 mL) • 0.1% Alcohol • Suitable for Children

Umcka[®] ColdCare

- Clinically Proven
- Non-Drowsy

✓ **Shortens duration**
and speeds recovery time

with UMCKA[®]

without UMCKA[®]

duration of symptoms

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

