

Drug Facts

Active ingredient (in each chewable tablet)

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
- 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

- Chew or dissolve tablets in the mouth. Do not swallow whole.
- 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 chewable tablet 4-5 times daily.
- **Children 6-11 years of age:** take 1 chewable tablet 2-4 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, magnesium stearate, malic acid, maltodextrin, mannitol, modified cellulose gum, natural cherry flavor with other natural flavors, sorbitol, stearic acid, xylitol.

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

(BLK8125)
LBN15144.03

©2014 Nature's Way Products, LLC
Green Bay, WI 54311 USA

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 53499-5144-0



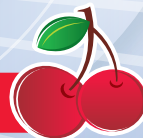
HOMEOPATHIC

Umcka® ColdCare

SHORTENS DURATION & REDUCES SEVERITY

Cough, Congestion, Sore Throat, Nasal & Bronchial Irritations

CLINICALLY PROVEN *Pelargonium sidoides* 1X



CHEWABLE TABLETS

20 TABLETS • Suitable for Children

CHERRY FLAVOR

Umcka® ColdCare

- Clinically Proven
- Great Tasting Chewables
- 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

