

## Drug Facts

### Active ingredient

(in 1-1/2 teaspoons = 7.5 mL)

### 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
- 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 nursing, 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 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 1-1/2 teaspoons (7.5 mL) 3 times daily.
- **Children under 12 years of age:** consult a doctor.

## Drug Facts (continued)

### 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** alcohol (8.2%), fructose, natural menthol, natural spearmint flavor, purified water, vegetable-source glycerin.

**Questions?** 1-800-9NATURE / naturesway.com

### 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 with printed outer shrinkband and printed inner seal. Do not use if either seal is broken or missing.

NDC 53499-5272-5

HOMEOPATHIC



# Umcka® ColdCare®

**SHORTENS DURATION  
& REDUCES SEVERITY**

*Cough, Congestion, Sore Throat,  
Nasal & Bronchial Irritations*

**CLINICALLY PROVEN**  
*Pelargonium sidoides 1X*



**SOOTHING SYRUP**



8.2% Alcohol

**MINT-MENTHOL FLAVOR**  
4 OZ (120 mL)

# Umcka® ColdCare

- Clinically Proven Effectiveness
- Delicious, Quickly Absorbed Syrup

✓ **Shortens duration** and speeds recovery time from common colds

with UMCKA®

without UMCKA®

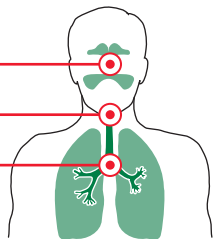
duration of symptoms

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

Nasal

Throat

Chest



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