

Drug Facts

Active ingredient (in each packet)

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

- Dissolve contents of 1 packet in 4-6 ounces of hot water and sip while hot. May also be dissolved in 4-6 ounces of cold water, which may be preferable for children.
- 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 3-4 times daily.
- **Children 6-11 years of age:** take 2-3 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, maltodextrin, natural lemon flavor with other natural flavors, silica, xylitol, yellow color (from turmeric).

Questions? 1-800-9NATURE or 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 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 packet units. Do not use if individual packets are open or torn.

NDC 53499-5146-0



HOMEOPATHIC

Umcka[®] ColdCare

SHORTENS DURATION & REDUCES SEVERITY

Cough, Congestion, Sore Throat,
Nasal & Bronchial Irritations

CLINICALLY PROVEN
Pelargonium sidoides 1X



SOOTHING HOT DRINK

10 PACKETS

LEMON FLAVOR

May be Served Cold for Children

Umcka[®] ColdCare

- Clinically Proven
- Soothing Hot Drink
- 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

Nasal

Throat

Chest

