

## Drug Facts

### Active ingredient (in each teaspoon = 5 mL)

*Pelargonium sidoides* 1X..... Shortens duration and reduces severity of upper respiratory symptoms

### Purpose

### 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 the child has

- persistent or chronic cough such as occurs with 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 an 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.

Age	Dose
Children 12 years of age and older	Take 1.5 teaspoons (7.5 mL) three times daily

## Drug Facts (continued)

Age	Dose
Children 6-11 years of age	Take 1 teaspoon (5 mL) three times daily
Children under 6 years of age	Ask a doctor

### 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** aronia juice, citric acid, fructose, maltodextrin, natural cherry flavor with other natural flavors, potassium citrate, purified water.

**Questions?** Call 1-800-9NATURE or visit [www.naturesway.com](http://www.naturesway.com)

- ✓ **Umcka® ColdCare** is made from *Pelargonium sidoides*, a medicinal plant of South African origin
- ✓ **Safe for ages 6 and up**
- ✓ **Non-drowsy**

**TAMPER EVIDENT:** Safety sealed with printed inner seal under the bottle cap. Do not use if seal is broken or missing.

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®

# Umcka® ColdCare®

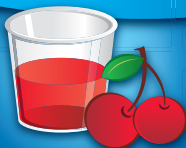
**SPEEDS RECOVERY**

Clinically Proven

## CHILDREN'S MEDICINE

**Shortens Duration  
& Reduces Severity**

- Cough • Sore Throat
- Nasal/Chest Congestion



**FOR AGES  
6 & UP**

**CHERRY FLAVOR SYRUP**  
99.95% ALCOHOL FREE  
(0.05% Alcohol)

4 FL OZ  
(120 mL)

NDC 53499-0165-5  
HOMEOPATHIC

# CHILDREN'S Umcka® ColdCare®

- ✓ **Clinically proven**
- ✓ **Shortens duration** of common colds plus bronchial & nasal irritations

with **UMCKA®**

without **UMCKA®**

duration of symptoms

- ✓ **Reduces severity** of cough, congestion and sore throat
- ✓ **Attacks the cause** of illness in the nose, throat and chest rather than just relieve symptoms

Nasal

Throat

Chest

