

Drug Facts

Active ingredients

Purpose

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

Pelargonium sidoides 1X, Shortens duration & reduces severity of upper respiratory symptoms

Aconitum napellus 4X, Pain reliever/fever reducer*

Eucalyptus globulus 2X

Bryonia 4X, Cough suppressant*

Eupatorium perfoliatum 2X

Gelsemium sempervirens 4X, Sneezing/runny nose/

Phosphorus 6X sore throat*

Ipecacuanha 3X Nasal decongestant*

Uses

■ Shortens duration and reduces severity of symptoms associated with the common cold and throat/nasal/bronchial irritations, and temporarily relieves flu symptoms:

- chills/fever* ■ congestion ■ cough
- headache ■ hoarseness ■ minor aches/pains*
- sore throat ■ stuffy nose ■ sneezing/runny nose

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 first sign of symptoms and continue to use for an additional 48 hours after symptoms cease.

Drug Facts (continued)

- Adults & children 12 years of age and older: take 1-1/2 teaspoons (7.5 mL) 3 times daily.
- Children 6-11 years of age: take 1 teaspoon (5 mL) 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.
- Plastic dosage cup provided.

Inactive ingredients aronia juice, citric acid, lactose, maltodextrin, natural berry flavor with other natural flavors, purified water, sorbitol, vegetable-source glycerin.

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

*These indications are based solely on traditional homeopathic use. They have not been evaluated by the Food & Drug Administration.

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.

NDC 53499-5148-5

HOMEOPATHIC



Umcka® Cold+Flu

**MULTI-ACTION
NON-DROWSY RELIEF**
Minor Aches/Pains*, Congestion, Cough,
Fever*, Runny Nose, Sore Throat

CLINICALLY PROVEN
Pelargonium sidoides 1X
PLUS Alpha® CF

Suitable for Children



FRUCTOSE-FREE SYRUP

99.95% ALCOHOL-FREE
(0.05% Alcohol)

BERRY FLAVOR
4 OZ (120 mL)

Umcka® Cold+Flu

Great Tasting Syrup • Non-Drowsy



Clinically tested Umcka® plus Alpha® CF combined into one complete, multi-action cold and flu formula:

✓ **UMCKA®** (*Pelargonium sidoides* 1X) shortens duration and reduces severity of common cold, nasal, throat and bronchial irritations.

✓ **ALPHA® CF** (*Aconitum napellus* 4X, *Bryonia* 4X, *Eucalyptus globulus* 2X, *Eupatorium perfoliatum* 2X, *Gelsemium sempervirens* 4X, *Ipecacuanha* 3X and *Phosphorus* 6X) provides multi-symptom relief of colds and flu.

TAMPER EVIDENT: Safety sealed with printed outer shrinkband and printed inner seal. Do not use if either seal is broken or missing.

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