

**UMCKA COUGH ACONITUM NAPELLUS, BRYONIA ALBA ROOT, CALCIUM SULFIDE, SPONGIA OFFICINALIS SKELETON, ROASTED , TIN, PELARGONIUM SIDOIDES ROOT-  
umcka cough syrup  
Schwabe North America, Inc.**

*Disclaimer: This homeopathic product has not been evaluated by the Food and Drug Administration for safety or efficacy. FDA is not aware of scientific evidence to support homeopathy as effective.*

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**Umcka Cough Max Relief**

**Active Ingredients :**

Pelargonium sidoides 1X

Aconitum napellus 3X

Bryonia 3X

Hepar sulphuris calcareum 6C

Stannum metallicum 6C

Spongia tosta 3X

**Inactive Ingredients:**

Citric acid

English ivy leaf extract

Ethyl Alcohol (0.05%)

glycerin

Lactose Monohydrate

Maltodextrin

Purified water

Sorbitol

**Uses:**

Shortens duration and reduces severity of symptoms associated with common colds and throat/nasal/bronchial irritations: congestion, cough, hoarseness, sore throat, sneezing, stuffy/runny nose.

Temporarily relieves cough due to minor bronchial and throat irritations as may occur with a cold.

**Directions:**

For best results, use at first sign of symptoms.

Continue to use for an additional 48 hours after symptoms cease.

Use only with enclosed dosage cup.

*Adults and Children 12 years of age and older:* take 1 1/2 teaspoons (tsp) (7.5 mL) three times daily.

*Children 6 to 11 years of age:* take 1 teaspoon (5 mL) three times daily.

*Children under 6 years of age:* Consult a physician.

**Warnings**

*Sore throat warning:* severe or persistent sore throat for more than 2 days or if accompanied by high

fever, headache, nausea, vomiting or rash may be serious.

Consult a physician promptly.

*Ask a doctor before use if you have:* persistent or chronic cough that lasts, is chronic such as occurs with smoking, asthma, chronic bronchitis or emphysema, or is accompanied by excessive phlegm (mucus).

*Stop use and ask a doctor if:* new symptoms occur, symptoms get worse or last more than 7 days, fever worsens or lasts more than 3 days, cough lasts more than 7 days or occurs with rash or persistent headache.

These could be a sign of a serious condition.

**Overdose:**

In case of overdose, seek medical help or contact a Poison Control Center immediately.

**Pregnancy or Breast Feeding:**

If pregnant or breast-feeding, ask a healthcare professional before use.

**Keep out of Reach of Children:**

Keep out of reach of children.

**Purpose:**

Shortens duration and reduces severity of symptoms associated with common colds and throat/nasal/bronchial irritations: congestion, cough, hoarseness, sore throat, sneezing, stuffy/runny nose.

Temporarily relieves cough due to minor bronchial and throat irritations as may occur with a cold.

Nature's Way  
**Umcka<sup>®</sup>**  
Cough

NDC 53499-5864-4

HOMEOPATHIC

**Drug Facts (continued)**

**Directions**

- For best results, use at first sign of symptoms.
- Continue to use for an additional 48 hours after symptoms cease.
- Use only with enclosed dosage cup.

Age	Dose
<b>Adults &amp; children 12 years of age and older</b>	Take 1½ teaspoons (tsp) (7.5 mL) three times daily.
<b>Children 6-11 years of age</b>	Take 1 teaspoon (5 mL) two times daily.
<b>Children under 6 years of age</b>	Consult a physician.

**Other information**

Store at room temperature 20-25° C (68-77° F) in a dry place out of direct sunlight.

**Inactive ingredients** citric acid, English ivy leaf extract, ethyl alcohol, glycerin, lactose monohydrate, maltodextrin, purified water, sorbitol

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

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

**ROOTED IN HISTORY**

A member of the geranium family, the Umcka<sup>®</sup> (*Pelargonium sidoides*) roots have long been used to relieve respiratory ailments. We go directly to the source, like the grasslands of Southern Africa where *Pelargonium sidoides* roots flourish, and where farmers who have tended this land for generations know firsthand the benefits of their natural environment. Because with Nature's Way<sup>®</sup>, you can always trust that you're getting the best herbs the earth has to offer.

**TAMPER EVIDENT.** Safety sealed with printed outer shrink band and printed inner seal. Do not use if either seal is broken or missing.  
©2018 Nature's Way Brands, LLC  
Green Bay, WI 54311 USA

Nature's Way  
**Umcka<sup>®</sup>**  
Cough

**CLINICALLY PROVEN**

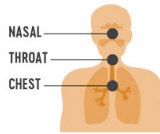
You can feel confident knowing that Umcka (*Pelargonium sidoides* 1X) is proven effective in clinical studies for alleviating common colds, plus nasal, throat, and bronchial irritations.

**SHORTENS DURATION**

Umcka (*Pelargonium sidoides* 1X) does more than just relieve common cold symptoms – it actually speeds your recovery, which means you can get back to life faster.

**MAX COUGH RELIEF**

Contains 5 supportive homeopathic actives for cough suppression††, pain relief††, and expectorant††.



NASAL

THROAT

CHEST

SINCE Nature's Way 1969  
**Umcka<sup>®</sup>**  
Cough



99.95%  
ALCOHOL-FREE

**RELIEVES SYMPTOMS  
& REDUCES SEVERITY**

Cough • Bronchial Irritations  
Chest Congestion • Sore Throat

ENGLISH IVY BASE SUITABLE FOR CHILDREN

**SOOTHING SYRUP** WITH CLINICALLY PROVEN  
**PELARGONIUM SIDOIDES 1X**  
PLUS 5 SUPPORTIVE ACTIVES

0.05% ALCOHOL

**NON-DROWSY**

**4 FL OZ (120 mL)**



LGBN15864.01

BLQ8771

1/2" clear no varnish area

**Drug Facts**

**Active ingredient** (1½ teaspoons (tsp) = 7.5 mL) **Purpose**

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

*Aconitum napellus* 3X..... Cough suppressant and pain reliever††

*Bryonia* 3X..... Cough suppressant  
*Hepar sulphuris calcareum* 6C, and expectorant††  
*Stannum metallicum* 6C

*Spongia tosta* 3X..... Cough suppressant††

**Uses**

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

- congestion ■ cough ■ hoarseness
- sore throat ■ sneezing ■ stuffy/runny nose

■ Temporarily relieves cough due to minor bronchial and throat irritations as may occur with a cold††

**Warnings**

**Sore throat warning:** severe or persistent sore throat for more than 2 days or if accompanied by high fever, headache, nausea, vomiting, or rash may be serious. Consult a physician promptly.

**Ask a doctor before use if you have a persistent or chronic cough that lasts, is chronic such as occurs with smoking, asthma, chronic bronchitis, or emphysema, or is accompanied by excessive phlegm (mucus).**

**Stop use and ask a doctor if**

- new symptoms occur, symptoms worsen or do not get better within 7 days.
  - fever worsens or lasts more than 3 days.
  - cough lasts more than 7 days or occurs with rash or persistent headache.
- 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.

Offset Print Carton  
Dieline: WCC-2195YS

Contact: Sue McVey  
sue.mcvey@natureway.com  
920.469.1313 X61550



All plates change from previous version.

- matte varnish
- gloss varnish
- Embossing



# UMCKA COUGH ACONITUM NAPELLUS, BRYONIA ALBA ROOT, CALCIUM SULFIDE, SPONGIA OFFICINALIS SKELETON, ROASTED , TIN, PELARGONIUM SIDOIDES ROOT

umcka cough syrup

## Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:53499-5864
<b>Route of Administration</b>	ORAL		

Active Ingredient/Active Moiety		
Ingredient Name	Basis of Strength	Strength
PELARGONIUM SIDOIDES ROOT (UNII: H6J53HEX8E) (PELARGONIUM SIDOIDES ROOT - UNII:H6J53HEX8E)	PELARGONIUM SIDOIDES ROOT	1 [hp_X] in 120 mL
ACONITUM NAPELLUS (UNII: U0NQ8555JD) (ACONITUM NAPELLUS - UNII:U0NQ8555JD)	ACONITUM NAPELLUS	3 [hp_X] in 120 mL
BRYONIA ALBA ROOT (UNII: T7J046YI2B) (BRYONIA ALBA ROOT - UNII:T7J046YI2B)	BRYONIA ALBA ROOT	3 [hp_X] in 120 mL
CALCIUM SULFIDE (UNII: 1MBW07J51Q) (CALCIUM SULFIDE - UNII:1MBW07J51Q)	CALCIUM SULFIDE	6 [hp_C] in 120 mL
TIN (UNII: 387GMG9FH5) (TIN - UNII:387GMG9FH5)	TIN	6 [hp_C] in 120 mL
SPONGIA OFFICINALIS SKELETON, ROASTED (UNII: 1PIP394IID) (SPONGIA OFFICINALIS SKELETON, ROASTED - UNII:1PIP394IID)	SPONGIA OFFICINALIS SKELETON, ROASTED	3 [hp_X] in 120 mL

Inactive Ingredients	
Ingredient Name	Strength
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)	
HEDERA HELIX LEAF (UNII: ZP9XFG71A7)	
ALCOHOL (UNII: 3K9958V90M)	
GLYCERIN (UNII: PDC6A3C0OX)	
LACTOSE MONOHYDRATE (UNII: EWQ57Q8I5X)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
WATER (UNII: 059QF0K00R)	
SORBITOL (UNII: 506T60A25R)	

Packaging				
#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:53499-5864-4	1 in 1 BOX	10/01/2012	
1		120 mL in 1 BOTTLE; Type 0: Not a Combination Product		

Marketing Information			
Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
unapproved homeopathic		10/01/2012	

**Labeler** - Schwabe North America, Inc. (831153908)

Establishment			
Name	Address	ID/FEI	Business Operations
Schwabe North America		831153908	manufacture(53499-5864)