

COLD FLU RELIEF BERRY- cold flu relief berry syrup
Schwabe North America

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.

Cold + Flu Relief Berry

Active Ingredients

Pelargonium sidoides 1X

Aconitum napellus 4X

Eucalyptus globulus 2X

Bryonia 4X

Eupatorium perfoliatum 6X

Gelsemium sempervirens 4X

Phosphorus 6X

Ipecacuanha 3X

Inactive Ingredient

Aronia Juice

Citric Acid

Ethyl Alcohol

Glycerin

Lactose Monohydrate

Maltodextrin

Natural Flavor

Potassium Sorbate

Purified Water

Sorbitol

Dosage & Administration

Directions

For best results, use at the first sign of symptoms and continue to use for an additional 48 hours after symptoms cease.

Shake well before each use.

Use only with enclosed dosage cup.

Adults & children 13 years of age and older: Take 1½ teaspoon (tsp) (7.5 mL) three times daily.

Children 6 to 12 years of age: Take 1 teaspoon (5 mL) three times daily.

Children under 6 years of age: consult a doctor.

Purpose

Temporarily relieves flu symptoms.

Shortens duration and reduces severity of symptoms associated with the common cold and throat/nasal/bronchial irritations: chills/fever, chest congestion, cough, headache, hoarseness, body aches, sore throat, sneezing/runny nose, nasal congestion.

Indications & Usage

Temporarily relieves flu symptoms.

Shortens duration and reduces severity of symptoms associated with the common cold and throat/nasal/bronchial irritations: chills/fever, chest congestion, cough, headache, hoarseness, body aches, sore throat, sneezing/runny nose, nasal congestion.

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 Doctor

Ask a doctor before use if you have a persistent or chronic cough such as occurs with smoking, asthma, chronic bronchitis, or emphysema, a cough that is accompanied by excessive phlegm (mucus), been taking any medications, an allergy to plants of the Geraniaceae family.

Stop Use

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 signs of a serious condition.

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.

Overdose

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

Drug Facts (continued)

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 right away.

Directions ■ for best results, use at the first sign of symptoms and continue to use for an additional 48 hours after symptoms cease ■ shake well before each use ■ use only with enclosed dosage cup

age	dose
adults & children 13 years of age and older	take 1½ teaspoons (tsp) (7.5 mL) three times daily
children 6-12 years of age	take 1 teaspoon (5 mL) three times daily
children under 6 years of age	consult a doctor

Other information ■ each 1½ teaspoons (tsp) contain: potassium 10 mg ■ store at room temperature 20-25°C (68-77°F) in a dry place out of direct sunlight

Inactive ingredients aronia juice, citric acid, ethyl alcohol, glycerin, lactose monohydrate, maltodextrin, natural flavor, potassium sorbate, purified water, sorbitol

◆ LH15148.B03 BLQ8735B

Questions? 1-800-962-8873 / naturesway.com

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

TAMPER EVIDENT. Safety sealed with outer shrink band and inner seal. Do not use if either seal is broken or missing.

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NDC 53499-0148-5
HOMEOPATHIC

Nature's way

Umcka[®]

Cold & Flu Relief

SYRUP

BERRY FLAVORED



1X
PELARGONIUM
SIDOIDES

CLINICALLY PROVEN
INGREDIENT

NON-DROWSY
0.05% ALCOHOL

AGES 6+
4 FL OZ (120 mL)

Drug Facts

Active ingredients (in 1½ teaspoons (tsp) = 7.5 mL) **Purpose**

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 6X.....

Gelsemium sempervirens 4X, Sneezing/runny nose/sore throat††

Phosphorus 6X.....

Ipecacuanha 3X..... Nasal decongestant††

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

- chills/fever††
- chest congestion
- cough
- headache††
- hoarseness
- body aches††
- sore throat
- sneezing/runny nose††
- nasal congestion

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 ■ a persistent or chronic cough such as occurs with smoking, asthma, chronic bronchitis, or emphysema ■ a cough that is accompanied by excessive phlegm (mucus) ■ been taking any medications ■ an allergy to plants of the *Geraniaceae* family

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 signs of a serious condition. ▶

Digital Print Label 2.375"x5.25" SM

CYAN	MAGENTA	YELLOW	BLACK	Satin Varnish

Revised HS Design
Proof: Pdf proof. Match colors to 15845_15864_PrelimMUProof
GPS Direct Prepress. Digital CMYK print files are press ready.



COLD FLU RELIEF BERRY			
cold flu relief berry syrup			
Product Information			
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:53499-0148
Route of Administration	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	4 [hp_X] in 120 mL
EUCALYPTUS GLOBULUS LEAF (UNII: S546YLV6E6) (EUCALYPTUS GLOBULUS LEAF - UNII:S546YLV6E6)	EUCALYPTUS GLOBULUS LEAF	2 [hp_X] in 120 mL
BRYONIA ALBA ROOT (UNII: T7J046YI2B) (BRYONIA ALBA ROOT - UNII:T7J046YI2B)	BRYONIA ALBA ROOT	4 [hp_X] in 120 mL
EUPATORIUM PERFOLIATUM FLOWERING TOP (UNII: 1W0775VX6E) (EUPATORIUM PERFOLIATUM FLOWERING TOP - UNII:1W0775VX6E)	EUPATORIUM PERFOLIATUM FLOWERING TOP	6 [hp_X] in 120 mL
GELSEMIUM SEMPERVIRENS ROOT (UNII: 639KR60Q1Q) (GELSEMIUM SEMPERVIRENS ROOT - UNII:639KR60Q1Q)	GELSEMIUM SEMPERVIRENS ROOT	4 [hp_X] in 120 mL
PHOSPHORUS (UNII: 27YLU75U4W) (PHOSPHORUS - UNII:27YLU75U4W)	PHOSPHORUS	6 [hp_X] in 120 mL
IPECAC (UNII: 62I3C8233L) (IPECAC - UNII:62I3C8233L)	IPECAC	3 [hp_X] in 120 mL

Inactive Ingredients

Ingredient Name	Strength
ARONIA MELANOCARPA FRUIT JUICE (UNII: D2EVP827PJ)	
CITRIC ACID MONOHYDRATE (UNII: 2968PHW8QP)	
ALCOHOL (UNII: 3K9958V90M)	
GLYCERIN (UNII: PDC6A3C0OX)	
LACTOSE MONOHYDRATE (UNII: EWQ57Q8I5X)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
WATER (UNII: 059QF0KO0R)	
SORBITOL (UNII: 506T60A25R)	
POTASSIUM SORBATE (UNII: 1VPU26JZZ4)	

Product Characteristics

Color		Score	
Shape		Size	
Flavor	BERRY (NATURAL BERRY FLAVOR)	Imprint Code	
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:53499-0148-5	1 in 1 CARTON	02/09/2024	
1		120 mL in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product		

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
unapproved homeopathic		02/09/2024	

Labeler - Schwabe North America (831153908)

Establishment

Name	Address	ID/FEI	Business Operations
Schwabe North America, Inc		831153908	manufacture(53499-0148)

Revised: 9/2025

Schwabe North America