

COLD FLU RELIEF BERRY- cold flu relief berry powder
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.

Cold Flu Relief FastActives Berry Packets

Active Ingredients

Pelargonium sidoides 1X

Aconium napellus 4X

Eucalyptus globulus 2X

Bryonia 4X

Eupatorium perfoliatum 6X

Gelsemium sempervirens 4X

Phosphorus 6X

Ipecacuanha 3X

Inactive Ingredients

Citric Acid

Lactose Monohydrate

Malic Acid

Maltodextrin

Natural Flavor

Silica

Xylitol

Dosage & Administration

Directions

Tear packet open, pour contents into mouth and swallow.

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

Adults & children 13 years of age and older: take contents of 1 packet three times daily.

Children 6-12 years of age: take contents of 1 packet two times daily.

Children under 6 years of age: consult a doctor.

Indications & Usage

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

Purpose

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

Warnings

Sore throat warning: if sore throat is severe, persists more than 2 days, is accompanied or following 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

Active ingredients (in each packet)	Purpose
<i>Pelargonium sidoides</i> 1X	Shortens duration/reduces severity of upper respiratory symptoms
<i>Aconitum napellus</i> 4X, <i>Eucalyptus globulus</i> 2X	Pain reliever/fever reducer††
<i>Byonia</i> 4X, <i>Eupatorium perfoliatum</i> 6X	Cough suppressant††
<i>Gelsemium sempervirens</i> 4X, <i>Phosphorus</i> 6X	Sneezing/runny nose/sore throat††
<i>Pectucavaria</i> 3X	Nasal decongestant††

Uses ■ shortens duration and reduces severity of symptoms associated with the common cold and throat/nasal/bronchial irritations ■ temporarily relieves flu symptoms††:
 ■ chills/fever†† ■ chest congestion ■ nasal congestion ■ cough ■ headache††
 ■ hoarseness ■ body aches†† ■ sneezing/runny nose†† ■ 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 ■ 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.
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 ■ tear packet open, pour contents into mouth and swallow ■ for best results, use at first sign of symptoms and continue to use for an additional 48 hours after symptoms cease

age	dose
adults & children 13 years of age and older	take contents of 1 packet three times daily
children 6-12 years of age	take contents of 1 packet two times daily
children under 6 years of age	consult a doctor

Other information ■ TAMPER EVIDENT. Packaged in individually sealed packets. Do not use if open or torn ■ store at room temperature 20-25°C (68-77°F) in a dry place out of direct sunlight



Umcka Cold & Flu Relief
FASTACTIVES®

NDC 53499-0349-0
HOMEPATHIC

- Feel Better Faster -

Umcka Cold & Flu Relief

FASTACTIVES® POWDER PACKETS

BERRY FLAVORED

REDUCES
Fever††, Body Aches††,
Chills††, Runny Nose††, Cough,
Congestion, Sore Throat

1X PELARGONIUM SIDOIDES

CLINICALLY PROVEN INGREDIENT

Plus Alpha® CF NOT ACTUAL SIZE

10 - 0.03 OZ (0.9 G) PACKETS NET WT 0.3 OZ AGES 6+
NON-DROWSY

Explore more products at naturesway.com

Delicious FastActives melt easily in your mouth - no mixing needed.

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Green Bay, WI 54311 USA

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

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

Drug Facts (continued)
 Active ingredients: citric acid, lactose monohydrate, malic acid, malto-dextrin, natural flavor, silica, xylitol

Offset Print Carton
 Dieline: supplied by T.H.E.M. SM
 CMYK: CYAN MAGENTA YELLOW BLACK
 HS Design
 Plate changes: All new.
 Proof: Pdf.
 Prelim MU Proof requested 6/24/25-LHBN15349.MU
 Turnkey: T.H.E.M.

Packaged and tested in the USA

Lot/Best by area
 Varnish Free area

LHBN15349.B02 (M2) 8431A



0 33674 15349 9



DO NOT PRINT WITHIN 0.5mm OF THESE LINES

Foil Print Packet
 FLAT LAYOUT: 54mm x 80mm
 SM

CYAN	MAGENTA	YELLOW	BLACK	Matte varnish

All new. HS design.
 Proof: Hard copy proof will be needed. MU Prelim files sent out 6/24/25.

Turnkey: T.H.E.M.

COLD FLU RELIEF BERRY

cold flu relief berry powder

Product Information

Product Type

HUMAN OTC DRUG

Item Code (Source)

NDC:53499-0349

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 912 mg
ACONITUM NAPELLUS (UNII: U0NQ8555JD) (ACONITUM NAPELLUS - UNII:U0NQ8555JD)	ACONITUM NAPELLUS	4 [hp_X] in 912 mg
EUCALYPTUS GLOBULUS LEAF (UNII: S546YLW6E6) (EUCALYPTUS GLOBULUS LEAF - UNII:S546YLW6E6)	EUCALYPTUS GLOBULUS LEAF	2 [hp_X] in 912 mg
BRYONIA ALBA ROOT (UNII: T7J046YI2B) (BRYONIA ALBA ROOT - UNII:T7J046YI2B)	BRYONIA ALBA ROOT	4 [hp_X] in 912 mg
EUPATORIUM PERFOLIATUM FLOWERING TOP (UNII: 1W0775VX6E) (EUPATORIUM PERFOLIATUM FLOWERING TOP - UNII:1W0775VX6E)	EUPATORIUM PERFOLIATUM FLOWERING TOP	6 [hp_X] in 912 mg
GELSEMIUM SEMPERVIRENS ROOT (UNII: 639KR60Q1Q) (GELSEMIUM SEMPERVIRENS ROOT - UNII:639KR60Q1Q)	GELSEMIUM SEMPERVIRENS ROOT	4 [hp_X] in 912 mg
PHOSPHORUS (UNII: 27YLU75U4W) (PHOSPHORUS - UNII:27YLU75U4W)	PHOSPHORUS	6 [hp_X] in 912 mg
IPECAC (UNII: 62I3C8233L) (IPECAC - UNII:62I3C8233L)	IPECAC	3 [hp_X] in 912 mg

Inactive Ingredients

Ingredient Name	Strength
CITRIC ACID MONOHYDRATE (UNII: 2968PHW8QP)	
LACTOSE MONOHYDRATE (UNII: EWQ57Q8I5X)	
MALIC ACID (UNII: 817L1N4CKP)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
XYLITOL (UNII: VCQ006KQ1E)	

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:53499-0349-0	10 in 1 CARTON	06/21/2024	
1		912 mg in 1 PACKET; Type 0: Not a Combination Product		

Marketing Information

Marketing	Application Number or Monograph	Marketing Start	Marketing End
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Category	Citation	Date	Date
unapproved homeopathic		06/21/2024	

Labeler - Schwabe North America, Inc (831153908)

Establishment

Name	Address	ID/FEI	Business Operations
Schwabe North America, Inc		831153908	manufacture(53499-0349)

Establishment

Name	Address	ID/FEI	Business Operations
Universal Synergetics, Inc.		069033371	pack(53499-0349)

Revised: 7/2025

Schwabe North America, Inc