

**ALLERGY AND SINUS RELIEF- pelargonium sidoides root, hydrastis canadensis whole, potassium chloride, sanguinaria canadensis root, pulsatilla vulgaris, silicon dioxide tablet, chewable
Schwabe North American, 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.

Allergy and Sinus Relief

Active Ingredient

Pelargonium sidoides 1X

Hydrastis canadensis 6X

Kali muriaticum 3X

Sanguinaria canadensis 6X

Pulsatilla 6X

Silicea 6X

Inactive Ingredient

Citric Acid

Lactose Monohydrate

Magnesium Stearate

Malic Acid

Maltodextrin

Mannitol

Natural Flavor

Sodium Croscarmellose

Sorbitol

Sour Cherry Powder

Stearic acid

Xylitol

Purpose

Temporarily relieves allergy and sinus symptoms.

Shortens duration and reduces severity of symptoms associated with the common cold

and throat, nasal, bronchial irritations: cough, headache, hoarseness, sore throat, sinus pressure, chest congestion, nasal congestion, sneezing/runny nose, shrinks swollen nasal membranes, promotes sinus drainage, burning, itchy eyes, helps decongest sinus openings and passages.

Indications & Usage

Temporarily relieves allergy and sinus symptoms.

Shortens duration and reduces severity of symptoms associated with the common cold and throat, nasal, bronchial irritations: cough, headache, hoarseness, sore throat, sinus pressure, chest congestion, nasal congestion, sneezing/runny nose, shrinks swollen nasal membranes, promotes sinus drainage, burning, itchy eyes, helps decongest sinus openings and passages.

Dosage & Administration

Directions

Chew or dissolve tablets in the mouth. Do not swallow whole. For best results, use at the 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 1 chewable tablet three times daily.

Children 6-12 years of age: Take 1 chewable tablet two times daily.

Children under 6 years of age: Consult a doctor.

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
Active ingredients (in each chewable tablet)
Pelargonium sidoides 1X... Purpose: Shortens duration and reduces severity of upper respiratory symptoms
Hydrastis canadensis 6X, Kali muriaticum 3X... Relieves minor pain of sinus headaches††
Sanguinaria canadensis 6X... Relieves allergy symptoms such as itchy, burning, watery eyes††
Pulsatilla 6X, Silicea 6X... Relieves allergy symptoms such as itchy, burning, watery eyes††

Uses
Temporarily relieves allergy and sinus symptoms†† ■ shortens duration and reduces severity of symptoms associated with the common cold and throat, nasal, bronchial irritations:
■ cough ■ chest congestion ■ shrinks swollen ■ burning, itchy eyes††
■ headache†† ■ nasal congestion ■ nasal membranes†† ■ helps decongest
■ hoarseness ■ sneezing/runny nose†† ■ promotes sinus drainage†† ■ sinus openings and passages††
■ sore throat ■ sinus pressure††

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
■ Chew or dissolve tablets in the mouth. Do not swallow whole. ■ For best results, use at the 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 1 chewable tablet three times daily
children 6-12 years of age	take 1 chewable tablet two 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

Inactive ingredients citric acid, lactose monohydrate, magnesium stearate, malic acid, maltodextrin, mannitol, natural flavor, sodium croscarmellose, sorbitol, sour cherry powder, stearic acid, xylitol

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.

Umcka® Allergy & Sinus Relief CHEWABLES
NDC 53499-4194-2 HOMEOPATHIC
- Feel Better Faster -
Umcka® Allergy & Sinus Relief CHEWABLES
CHERRY FLAVORED
REDUCES
Itchy, Watery Eyes††, Sinus Pressure††, Sneezing††, Headache††, Stuffy Nose, Cough, Congestion
This proprietary plant-based preparation is uniquely available from Nature's Way® in North America
LHBN12194.A02 BLK9096A
0 33674 12194 8
AGES 6+ | NON-DROWSY
20 TABLETS
Feel Better Faster
Shortens colds and reduces severity of stuffy nose, cough, and congestion
Multi-action congestion, allergy & sinus relief formula with clinically proven Pelargonium sidoides 1X plus Alpha® SH (Hydrastis canadensis 6X, Kali muriaticum 3X, Pulsatilla 6X, Sanguinaria canadensis 6X, Silicea 6X)
Alpha® SH reduces itchy, watery eyes††, sinus pressure††, sneezing††, and headache††
Explore more products at naturesway.com
TAMPER EVIDENT. Safety sealed in blister units. Do not use if individual blisters are open or torn.
Packaged and tested in the USA
©2025 Nature's Way Brands, LLC Green Bay, WI 54311 USA

Offset Print Carton
Dieline: WCC-2189
SM
CYAN MAGENTA YELLOW BLACK Agorous
Gloss Varnish
HS Design
Plate changes: All new
Proof: Pdf & Prelim MU Proof requested 7/2/25
-LHBN12194.MU
Turnkey: ThermoPak

ALLERGY AND SINUS RELIEF

pelargonium sidoides root, hydrastis canadensis whole, potassium chloride, sanguinaria canadensis root, pulsatilla vulgaris, silicon dioxide tablet, chewable

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:53499-4194
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]
HYDRASTIS CANADENSIS WHOLE (UNII: R763EBH88T) (HYDRASTIS CANADENSIS WHOLE - UNII:R763EBH88T)	HYDRASTIS CANADENSIS WHOLE	6 [hp_X]
POTASSIUM CHLORIDE (UNII: 660YQ98I10) (POTASSIUM CATION - UNII:295O53K152)	POTASSIUM CHLORIDE	3 [hp_X]
SANGUINARIA CANADENSIS ROOT (UNII: N9288CD508) (SANGUINARIA CANADENSIS ROOT - UNII:N9288CD508)	SANGUINARIA CANADENSIS ROOT	6 [hp_X]
PULSATILLA VULGARIS (UNII: I76KB35JEV) (ANEMONE PULSATILLA - UNII:I76KB35JEV)	PULSATILLA VULGARIS	6 [hp_X]
SILICON DIOXIDE (UNII: ETJ7Z6XBU4) (SILICON DIOXIDE - UNII:ETJ7Z6XBU4)	SILICON DIOXIDE	6 [hp_X]

Inactive Ingredients

Ingredient Name	Strength
CHERRY (UNII: BUC5I9595W)	
CITRIC ACID MONOHYDRATE (UNII: 2968PHW8QP)	
LACTOSE MONOHYDRATE (UNII: EWQ57Q8I5X)	
MAGNESIUM STEARATE (UNII: 70097M6I30)	
MALIC ACID (UNII: 817L1N4CKP)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
MANNITOL (UNII: 3OWL53L36A)	
CROSCARMELLOSE SODIUM (UNII: M28OL1HH48)	
SORBITOL (UNII: 506T60A25R)	
STEARIC ACID (UNII: 4ELV7Z65AP)	
XYLITOL (UNII: VCQ006KQ1E)	

Product Characteristics

Color	white	Score	no score
Shape	ROUND	Size	16mm
Flavor	CHERRY	Imprint Code	C
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:53499-4194-2	2 in 1 CARTON	08/01/2024	
1		10 in 1 BLISTER PACK; Type 0: Not a Combination Product		

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
unapproved homeopathic		08/01/2024	

Labeler - Schwabe North American, Inc. (831153908)

Establishment

Name	Address	ID/FEI	Business Operations
Schwabe North America, Inc.		831153908	manufacture(53499-4194)

Establishment

Name	Address	ID/FEI	Business Operations
Thermo-Pak Company, Inc.		079689440	pack(53499-4194)

Revised: 8/2025

Schwabe North American, Inc.