

COLD RELIEF LEMON- pelargonium sidoides 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 Relief Lemon Hot Drink

Active Ingredient

Pelargonium sidoides 1X

Inactive Ingredients

Citric Acid

Maltodextrin

Natural Flavor

Silica

Turmeric Color

Xylitol

Dosage & Administration

Dissolve contents of 1 packet in 4-6 ounces of hot water and sip while hot.

May also be dissolved in 4-6 ounces of cold water, which may be preferable for children.

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

Adults and children 13 years of age and older: Take 1 packet three times daily.

Children 6-12 years of age: Take 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: chest congestion, nasal congestion, cough, hoarseness, sore throat.

Purpose

Shortens duration and reduces severity of symptoms associated with the common cold and throat/nasal/bronchial irritations: chest congestion, nasal congestion, cough, hoarseness, 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 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.

Pregnant 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.

GLUE AREA

Drug Facts

Active ingredient (in each packet) *Pelargonium sidoides* 1X **Purpose** Shortens duration and reduces severity of upper respiratory symptoms

Uses
 ■ Shortens duration and reduces severity of symptoms associated with the common cold and throat/nasal/bronchial irritations:
 ■ chest congestion ■ nasal congestion ■ cough ■ hoarseness ■ 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 emphysemas ■ 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
 ■ Dissolve contents of 1 packet in 4-6 ounces of hot water and sip while hot. May also be dissolved in 4-6 ounces of cold water, which may be preferable for children.
 ■ 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 packet three times daily
children 6-12 years of age	take 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.

Inactive ingredients citric acid, maltodextrin, natural flavor, silica, turmeric color, xylitol

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

PELARGONIUM SIDOIDES 1X
CLINICALLY PROVEN INGREDIENT

A member of the geranium family, the Umcka® (*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.

Packaged and tested in the USA
 ©2025 Nature's Way Brands, LLC
 Green Bay, WI 54311 USA

LHBN15146.A02 RM22.8120
 0 33674 15146 4



Umcka® Cold Relief

(HOT DRINK)

NDC 53499-6146-0
HOMEOPATHIC

~ Feel Better Faster ~

Umcka® Cold Relief

(HOT DRINK)

LEMON FLAVORED

REDUCES

Cough, Congestion, Sore Throat & Stuffy Nose



PELARGONIUM SIDOIDES 1X
CLINICALLY PROVEN INGREDIENT

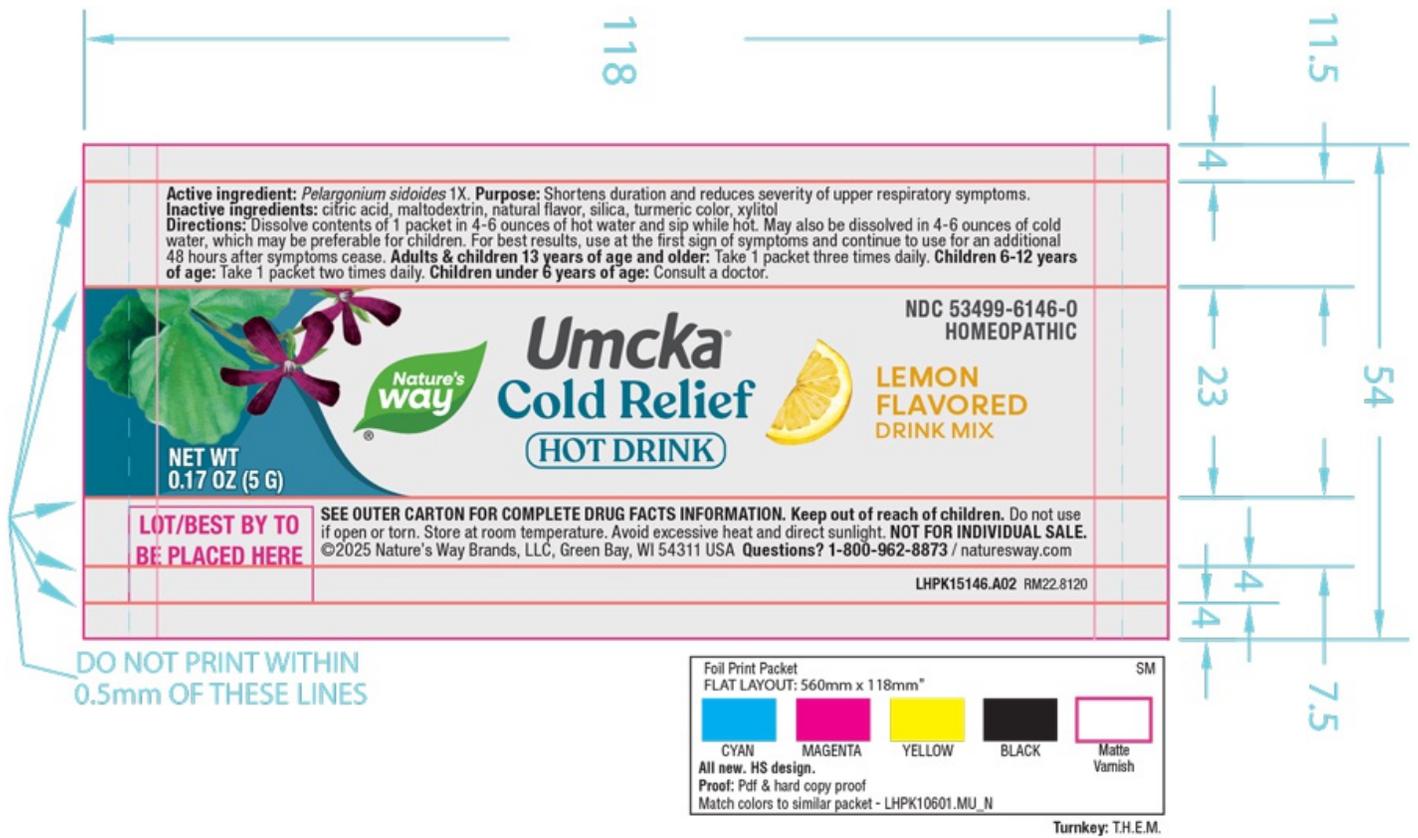
AGES 6+ | NON-DROWSY | DRINK MIX
10 - 0.17 OZ (56) PACKETS NET WT 1.7 OZ

Explore more products at natureway.com

Feel Better Faster

- Shortens colds and reduces severity of cough, congestion, sore throat, and stuffy nose
- Speeds recovery to help you feel better faster
- Multi-symptom cold relief formula with clinically proven *Pelargonium sidoides* 1X
- This proprietary plant-based preparation is uniquely available from Nature's Way® in North America

Offset Print Carton
 Die-line: 10009159 supplied by T.H.E.M. SM
 CMYK MAGENTA YELLOW BLACK
 Plate changes: All new.
 Proof: Pdf.
 Match colors to Prelim MU proof - LHBN10601.MU
 Turnkey: T.H.E.M.



COLD RELIEF LEMON

pelargonium sidoides powder

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:53499-6146
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 5 g

Inactive Ingredients

Ingredient Name	Strength
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
TURMERIC (UNII: 856YO1Z64F)	
XYLITOL (UNII: VCQ006KQ1E)	

Product Characteristics

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

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:53499-6146-0	10 in 1 CARTON	04/19/2024	
1		5 g in 1 PACKET; Type 0: Not a Combination Product		

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
unapproved homeopathic		07/01/2009	

Labeler - Schwabe North America, Inc. (831153908)

Establishment

Name	Address	ID/FEI	Business Operations
Schwabe North America, Inc.		831153908	manufacture(53499-6146)

Establishment

Name	Address	ID/FEI	Business Operations
Universal Synergetics, Inc.		069033371	pack(53499-6146)

Revised: 7/2025

Schwabe North America, Inc.