

**COLD FLU RELIEF BERRY CHEWABLE- pelargonium sidoides, aconitum napellus, bryonia, eucalyptus globulus, eupatorium perfoliatum, gelsemium sempervirens, ipecacuanha, phosphorus tablet, chewable
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 Berry Chewable Tablet

Active Ingredient

Pelargonium sidoides 1X

Aconitum napellus 4X

Eucalyptus globulus 2X

Bryonia 4X

Eupatorium perfoliatum 6X

Gelsemium sempervirens 4X

Phosphorus 6X

Ipecacuanha 3X

Inactive Ingredient

Annatto Seed Extract Color

Beet Juice Color

Caramel Color

Lactose Monohydrate

Magnesium Stearate

Malic Acid

Maltodextrin

Mannitol

Natural Flavor

Sodium Croscarmellose

Sorbitol

Stearic Acid

Xylitol

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, nasal congestion, cough, headache, hoarseness, body aches, sneezing/runny nose, sore throat.

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, nasal congestion, cough, headache, hoarseness, body aches, sneezing/runny nose, sore throat.

Dosage and Administration

Directions

Chew or dissolve tablets in the mouth. Do not swallow whole.

For best results, use at 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 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 you are 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 Shortens duration and reduces severity of upper respiratory symptoms

Aconitum napellus 4X, Eucalyptus globulus 2X Pain reliever/fever reducer††

Bryonia 4X, Eupatorium perfoliatum 6X Cough suppressant††

Gelsemium sempervirens 4X, Phosphorus 6X Sneezing/runny nose/sore throat††

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 ■ 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

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 annatto seed extract color, beet juice color, caramel color, lactose monohydrate, magnesium stearate, malic acid, maltodextrin, mannitol, natural flavor, sodium croscarmellose, sorbitol, stearic acid, xylitol

Questions? 1-800-962-9873 / natureway.com

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

Umcka®
Cold & Flu Relief
CHEWABLES

NDC 53499-1159-0
HOMEOPATHIC

Umcka®
Cold & Flu Relief
CHEWABLES

BERRY FLAVORED

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

1X PELARGONIUM SIDOIDES
CLINICALLY PROVEN INGREDIENT

Plus Alpha® CF

AGES 6+ | NON-DROWSY

20 TABLETS

LOT:
EXP:

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-action cold & flu†† relief formula with clinically proven Pelargonium sidoides 1X plus Alpha® CF (Aconitum napellus 4X, Bryonia 4X, Eucalyptus globulus 2X, Eupatorium perfoliatum 6X, Gelsemium sempervirens 4X, Ipecacuanha 3X, and Phosphorus 6X)

Alpha® CF reduces fever††, body aches††, chills††, and runny nose††

Explore more products at natureway.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

LHBN15159.A04 BLK810BA



0 33674 115159 4

Offset Print Carton
Dieline: WCC-2159

CYAN	MAGENTA	YELLOW	BLACK	Aggravus Gloss Varnish
------	---------	--------	-------	------------------------------

HS Design
Plate changes: All new.
Proof: PUF.
Match colors to Prelim MU Proof-LHBN15159.MU

Tamarky, ThermoPak

COLD FLU RELIEF BERRY CHEWABLE

pelargonium sidoides, aconitum napellus, bryonia, eucalyptus globulus, eupatorium perfoliatum, gelsemium sempervirens, ipecacuanha, phosphorus tablet, chewable

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:53499-1159
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]
ACONITUM NAPELLUS (UNII: U0NQ8555JD) (ACONITUM NAPELLUS - UNII:U0NQ8555JD)	ACONITUM NAPELLUS	4 [hp_X]
BRYONIA ALBA ROOT (UNII: T7J046YI2B) (BRYONIA ALBA ROOT - UNII:T7J046YI2B)	BRYONIA ALBA ROOT	4 [hp_X]
EUCALYPTUS GLOBULUS LEAF (UNII: S546YLW6E6) (EUCALYPTUS GLOBULUS LEAF - UNII:S546YLW6E6)	EUCALYPTUS GLOBULUS LEAF	2 [hp_X]
EUPATORIUM PERFOLIATUM FLOWERING TOP (UNII: 1W0775VX6E) (EUPATORIUM PERFOLIATUM FLOWERING TOP - UNII:1W0775VX6E)	EUPATORIUM PERFOLIATUM FLOWERING TOP	6 [hp_X]
GELSEMIUM SEMPERVIRENS ROOT (UNII: 639KR60Q1Q) (GELSEMIUM SEMPERVIRENS ROOT - UNII:639KR60Q1Q)	GELSEMIUM SEMPERVIRENS ROOT	4 [hp_X]
IPECAC (UNII: 62I3C8233L) (IPECAC - UNII:62I3C8233L)	IPECAC	3 [hp_X]
PHOSPHORUS (UNII: 27YLU75U4W) (PHOSPHORUS - UNII:27YLU75U4W)	PHOSPHORUS	6 [hp_X]

Inactive Ingredients

Ingredient Name	Strength
ANNATTO (UNII: 6PQP1V1B6O)	
BEET JUICE (UNII: IOZ32L9H3O)	
CARAMEL (UNII: T9D99G2B1R)	
LACTOSE MONOHYDRATE (UNII: EWQ57Q8I5X)	
MAGNESIUM STEARATE (UNII: 70097M6I3O)	
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	pink (pink with pinkish-purple specks)	Score	no score
Shape	ROUND (C)	Size	16mm
Flavor	BERRY (NATURAL BERRY FLAVOR)	Imprint Code	C
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
---	-----------	---------------------	----------------------	--------------------

1	NDC:53499-1159-0	2 in 1 CARTON	07/11/2023	
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		07/11/2023	

Labeler - Schwabe North America, Inc. (831153908)

Establishment

Name	Address	ID/FEI	Business Operations
Schwabe North America, Inc		831153908	manufacture(53499-1159)

Establishment

Name	Address	ID/FEI	Business Operations
Thermo-Pak Company, Inc.		079689440	pack(53499-1159)

Revised: 8/2025

Schwabe North America, Inc.