Pelargonium

What is it?

Pelargonium sidoides is a species of geranium plant from South Africa. It is commonly called Umckaloabo. An extract made from the root of the plant is helpful to decrease the duration and severity of bronchitis and other upper respiratory infections. It is an antiviral and antibacterial. It also helps to thin respiratory secretions.

It comes in a variety of preparations. The one at our Pharmacy is called V Clear. You may also see it in health food stores under the name Umcka.

How much should I take?

You can follow the instructions on the package. It is also safe to take a couple of extra doses daily in the midst of the worst part of your illness. Continue it for 48 hours after your illness improves.

Is it safe?

Pelargonium root extract has excellent safety and tolerability. If you have severe symptoms such as shortness of breath, fever, prolonged illness, or are not improving you should consult your provider.

If you have further questions or concerns please consult a pharmacist or provider. We are committed to your health and wellbeing!