

COLD-FX® *First Signs*® Cold and Flu Symptom Relief

COLD-FX® *First Signs*® products are a naturally-sourced alternative to help shorten the duration of upper respiratory tract infections, relieving symptoms such as a sore throat, cough, runny nose, fatigue, fever and headache, when taken at the first sign of a cold or flu.



COLD-FX® *First Signs*® Capsules (NPN80052846)

- Non-Drowsy, free from soy and preservatives with no wheat or coloring agents.
- Contains 4 ingredients to provide cold and flu symptom relief:
 - **Andrographis** (*Andrographis paniculata*)
Is a plant that grows abundantly in tropical Asia with antimicrobial, antioxidant, anti-inflammatory, and antipyretic properties.¹ Clinical studies have shown that Andrographis can effectively reduce upper respiratory tract infections (URI) symptoms such as sore throat, coughing, running nose, fatigue, fever and headache.^{2,5}
 - **CVT-E002**®
Is a patented extract from the root of North American ginseng (*Panax quinquefolius*). Our clinical studies showed that it can help reduce the frequency, severity and duration of cold and flu symptoms by boosting the immune system.
 - **Echinacea**
Can help to relieve the symptoms and shorten the duration of upper respiratory tract infections.
 - **Zinc**
Has been shown to inhibit replication of rhinovirus and has been tested in several trials for the treatment of the common cold.⁶ Helps maintain immune function.

COLD-FX® *First Signs*® Sachets Daytime and Nighttime Combo (NPN 80052049 & NPN 80052034)

- In a convenient sachet with no animal by-products (free of gelatin) or colouring agents.
- The **COLD-FX® *First Signs*® Daytime sachet** is a *non-drowsy* formula that helps reduce overall symptoms of sore throat, runny nose, sneezing, nasal congestion, fever, headache and cough.
- Its medicinal ingredients, CVT-E002®, Zinc, Ginger, Echinacea and Vitamin C, help relieve cold and flu symptoms and help to maintain the immune system.
- Ginger is traditionally used as an expectorant and anti-tussive to help relieve bronchitis and cold.
- The **COLD-FX® *First Signs*® Nighttime sachet** contains CVT-E002®, Zinc, Ginger, and Valerian. Valerian is traditionally used as a *sleep aid* to help you sleep through the night.



COLD-FX® Your Immune Health Partner™

COLD & FLU SYMPTOM RELIEF





COLD & FLU DAILY DEFENCE by BOOSTING THE IMMUNE SYSTEM⁷



COLD-FX® First Signs® Cold and Flu Symptom Relief




COLD-FX® First Signs® Symptom Relief

Helps to Relieve Symptoms of Sore Throat, Fever, Cough, Headache, Runny Nose, Fatigue.

	Cough	Sore Throat	Runny Nose	Fever	Headache	Fatigue	MEDICINAL INGREDIENTS / DOSAGE INFORMATION
COLD-FX® First Signs® Capsules 	✓	✓	✓	✓	✓	✓	Each capsule contains: <ul style="list-style-type: none"> • COLD-FX® CVT-E002® (<i>Panax quinquefolius</i>; 4:1 root extract) - 200 mg (800 mg[†]) • Echinacea (<i>Echinacea purpurea</i>; 6:1 root extract) - 125 mg (750 mg[†]) • Andrographis paniculata (15:1 leaf extract) 30% Andrographolide - 70 mg (1.05g[†]) • Zinc (Zinc Citrate) - 5 mg Adults: <ul style="list-style-type: none"> • Days 1 to 3: Take 2 capsules 3 times. Total 6 capsules daily. • Days 4 & 5: Take 1 capsule 3 times. Total 3 capsules daily.
COLD-FX® First Signs® Day / Night Combo 	☀️	☀️	☀️	☀️	☀️	🌙	Each sachet contains: <ul style="list-style-type: none"> • COLD-FX® CVT-E002® (<i>Panax quinquefolius</i>; 4:1 root extract) – Daytime 150 mg (600 mg[†]), Nighttime 100 mg[†] (400 mg[†]) • Zinc (Zinc, amino acid chelate) – Daytime (4 mg), Nighttime (2 mg) • Ginger (<i>Zingiber officinale</i>; 5:1 rhizome extract) - Daytime 60 mg (300 mg[†]), Nighttime 60 mg (300 mg[†]) • Echinacea (<i>Echinacea purpurea</i>; 6:1 root extract) - Daytime 50 mg (300 mg[†]) • Vitamin C (Ascorbic acid) - Daytime 25 mg • Valerian (<i>Valeriana officinalis</i> L.; 4:1 powdered root extract) – Nighttime 75 mg (300 mg[†]) Adults: <ul style="list-style-type: none"> • 3 daytime sachets per day, once every 4-6 hours. • 1 Nighttime Sachet 30-60 min before bedtime.
							<ul style="list-style-type: none"> 🌙 Ginger is traditionally used in Herbal Medicine as an expectorant and anti-tussive to help relieve bronchitis and cold 🌙 Valerian is traditionally used in Herbal Medicine as a sleep aid 🌙 Helps to maintain immune function

COLD-FX® Clinically Proven Formula

Helps reduce the Frequency, Severity & Duration of cold & flu symptoms by **Boosting the Immune System**

COLD-FX® 	Helps reduce: <ul style="list-style-type: none"> ✓ Frequency ✓ Severity ✓ Duration of cold & flu symptoms by Boosting the Immune System	MEDICINAL INGREDIENTS / DOSAGE INFORMATION
COLD-FX® Chewable 		Each capsule contains: <ul style="list-style-type: none"> • COLD-FX® CVT-E002® (<i>Panax quinquefolius</i>; 4:1 root extract) – 200 mg (800 mg[†]) <ul style="list-style-type: none"> • Children 12 years of age and older: Take 1 capsule 2 times daily. • Adults: Take 1-2 capsules 2 times daily, up to 9 capsules per day.
COLD-FX® EXTRA STRENGTH 		Each chewable contains: <ul style="list-style-type: none"> • COLD-FX® CVT-E002® (<i>Panax quinquefolius</i>; 4:1 root extract) – 200 mg (800 mg[†]) <ul style="list-style-type: none"> • Children 12 years of age and older: Take 1 chewable 2 times daily. • Adults: Take 1-2 chewables 2 times daily, up to 9 chewables per day.
		Each capsule contains: <ul style="list-style-type: none"> • 50% More Active Ingredient per capsule* • COLD-FX® CVT-E002® (<i>Panax quinquefolius</i>; 4:1 root extract) – 300 mg (1,200 mg[†]) <ul style="list-style-type: none"> • Children 12 years of age or older: Take 1 capsule 2 times daily. • Adults: Take 1 capsule 2 times daily, up to 6 capsules per day.

[†]herbal equivalent.

COLD-FX® 200mg (NPN 80002849)	UPC
18 Capsules Sleeve	6-27207-18002-3
18 Capsules Bottle	6-27207-60021-7
60 Capsules Bottle	6-27207-60002-6
150 Capsules Bottle	6-27207-15001-9
COLD-FX® Chewable (NPN 80069106)	UPC
45 Chewable Tablets Orange	6-27207-60032-3
45 Chewable Tablets Grape	6-27207-60034-7

COLD-FX® EXTRA STRENGTH 300mg (NPN 80015586)	UPC
12 Capsules Sleeve	6-27207-62100-7
45 Capsules Bottle in Box	6-27207-62001-7
100 Capsules Bottle in Box	6-27207-62002-4
COLD-FX® First Signs®	UPC
Day/Night Combo 18 Sachets (NPN 80052049; NPN 80052034)	6-27207-63008-5
COLD-FX® First Signs® Capsules (NPN 80052846)	UPC
First Signs® Capsules 24s	6-27207-63013-9
First Signs® Capsules 48s	6-27207-63014-6

1. Joseph, S. Scientific Aspects of the Therapeutic Use of Andrographis paniculata (kalmegh): A Review. Int. J. Pharm. Sci. Rev. Res., 27(1):10-16 (2014).

2. Saxena, R. C. et al. A randomized double blind placebo controlled clinical evaluation of extract of Andrographis paniculata (KalmCold) in patients with uncomplicated upper respiratory tract infection. Phytomedicine 17, 178-185 (2010).

3. Caceres, D. D., Hancke, J. L., Burgos, R. A., Sandberg, F. & Wikman, G. K. Use of visual analogue scale measurements (VAS) to assess the effectiveness of standardized Andrographis paniculata extract SHA-10 in reducing the symptoms of common cold. A randomized double blind-placebo study. Phytomedicine 6, 217-223 (1999).

4. Kulichenko, L., Kireyeva, L., Malysheva, E. & Wikman, G. A Randomized, Controlled Study of Kan Jang versus Amantadine in the Treatment of Influenza in Volgograd. J Herb Pharmacother 3, 77-83 (2003).

5. Gabriellian, E. et al. A double blind, placebo-controlled study of Andrographis paniculata fixed combination Kan Jang in the treatment of acute upper respiratory tract infections including sinusitis. Phytomedicine Int J Phytotherapy Phytopharm 9, 589-97 (2002).

6. Science M, et al. Zinc for the treatment of the common cold: a systematic review and meta-analysis of randomized controlled trials. CMAJ. 2012 Jul 10; 184(10): E551-E561.

7. Helps reduce the frequency, severity and duration of cold and flu symptoms by Boosting the Immune System.

8. Per capsule compared to COLD-FX NPN 80002849.

*COLD-FX is Canada's #1 Pharmacist & Doctor Recommended Natural Cold Remedy Brand. Pharmacy Practice[®], Profession Santé and The Medical Post 2016 Survey on OTC Counselling & Recommendations

Always direct the patient to read and follow the label. If you have any questions about the COLD-FX® products, please call 1-888-843-7239 or visit cold-fx.ca. COLD-FX-0073

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