



# First Signs<sup>®</sup> Symptoms? Take at FIRST SIGNS

**COLD-FX<sup>®</sup> First Signs<sup>®</sup>** and **COLD-FX<sup>®</sup> First Signs<sup>®</sup> Nighttime** are Natural Health Products featuring Andrographis. Clinical studies have shown Andrographis helps shorten the duration of upper respiratory tract infections, relieving symptoms such as sore throat, cough, runny nose, fatigue, fever and headache, when take at the first signs of a cold or flu.<sup>2-5</sup>

	COLD-FX <sup>®</sup> First Signs <sup>®</sup>	COLD-FX <sup>®</sup> First Signs <sup>®</sup> Nighttime
When to use	Daytime	Nighttime sleep aid
Medicinal Ingredients	<p><b>Naturally Sourced Andrographis</b> Is a plant that grows abundantly in tropical Asia with antimicrobial, antioxidant, anti-inflammatory, and antipyretic properties.<sup>1</sup> 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.<sup>2-5</sup></p> <p><b>CVT-E002<sup>®</sup></b> Patented extract from the root of North American ginseng (<i>Panax quinquefolius</i>).</p>	
	<p><b>Echinacea</b> Can help to relieve the symptoms and shorten the duration of upper respiratory tract infections.</p> <p><b>Zinc</b> Has been shown to inhibit the activity and replication of rhinoviruses which cause common cold.<sup>6</sup> Helps maintain immune function.</p>	<p><b>Ginger</b> Traditionally used in Herbal Medicine as an expectorant and anti-tussive to help relieve nausea, bronchitis, as well as coughs and colds.</p> <p><b>Melatonin</b> A sleep aid.</p>
Dosage	Days 1-3; 2 capsules 3 times/day Days 4-5; 1 capsule 3 times/day	Take 2 capsules daily at or before bedtime
Capsule Count	24 & 48	24

## COLD-FX<sup>®</sup> Portfolio of Natural Health Products

Symptoms? Take at FIRST SIGNS



Helps Reduce the Chance of Catching Cold and Flu








# First Signs® Symptoms? Take at FIRST SIGNS

## Symptoms? Take at FIRST SIGNS

	Cough	Sore Throat	Runny Nose	Fever	Headache	Sleeplessness	MEDICINAL INGREDIENTS / DOSAGE INFORMATION
<b>COLD-FX® First Signs®</b> 	✓	✓	✓	✓	✓		<b>Each capsule contains:</b> <ul style="list-style-type: none"> <li>• <b>COLD-FX® CVT-E002®</b> (<i>Panax quinquefolius</i>; 4:1 root extract) - 200 mg (800 mg*)</li> <li>• <b>Echinacea</b> (<i>Echinacea purpurea</i>; 6:1 root extract) - 125 mg (750 mg*)</li> <li>• <b>Andrographis</b> (<i>Andrographis paniculata</i> 15:1 leaf extract) 30% Andrographolide - 70 mg (1.05g*)</li> <li>• <b>Zinc</b> (Zinc citrate) - 5 mg</li> </ul> <b>Adults 18 years of age or older:</b> 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.
<b>COLD-FX® First Signs® Nighttime</b> 	✓ Both COLD-FX® First Signs® products can be used safely as they complement one another						
	✓	✓	✓	✓	✓	✓	<b>Each capsule contains:</b> <ul style="list-style-type: none"> <li>• <b>COLD-FX® CVT-E002®</b> (<i>Panax quinquefolius</i>; 4:1 root extract) - 200 mg (800 mg*)</li> <li>• <b>Andrographis</b> (<i>Andrographis paniculata</i> 12:1 leaf extract) 30% Andrographolide - 100 mg (1.2 g*)</li> <li>• <b>Ginger</b> (<i>Zingiber officinale</i>; 4:1 rhizome extract) - 125 mg (500 mg*)</li> <li>• <b>Melatonin</b> (<i>N-Acetyl-5-methoxytryptamine</i>) - 5 mg</li> </ul> <b>Adults 18 years of age or older:</b> Take 2 capsules daily at or before bedtime.

## Helps Reduce the Chance of Catching Cold and Flu

	Helps reduce:	MEDICINAL INGREDIENTS / DOSAGE INFORMATION
<b>COLD-FX®</b> 	Helps reduce: ✓ Frequency ✓ Severity ✓ Duration of cold & flu symptoms <b>by Boosting the Immune System</b>  Helps increase production of certain types of cytokines that may signal and activate the immune system in high performing athletes.	<b>Each capsule contains:</b> <ul style="list-style-type: none"> <li>• <b>COLD-FX® CVT-E002®</b> (<i>Panax quinquefolius</i>; 4:1 root extract) – 200 mg (800 mg*)</li> </ul> <b>Children 12 years of age or older:</b> Take 1 capsule 2 times daily. <b>Adults 18 years of age or older:</b> Take 1-2 capsules 2 times daily, up to 9 capsules per day.
<b>COLD-FX® CHEWABLE</b> 		<b>Each chewable contains:</b> <ul style="list-style-type: none"> <li>• <b>COLD-FX® CVT-E002®</b> (<i>Panax quinquefolius</i>; 4:1 root extract) – 200 mg (800 mg*)</li> </ul> <b>Children 12 years of age or older:</b> Take 1 chewable 2 times daily. <b>Adults 18 years of age or older:</b> Take 1-2 chewables 2 times daily, up to 9 chewables per day.
<b>COLD-FX® EXTRA STRENGTH</b> 		<b>Each capsule contains:</b> <b>50% More Active Ingredient</b> per capsule† <ul style="list-style-type: none"> <li>• <b>COLD-FX® CVT-E002®</b> (<i>Panax quinquefolius</i>; 4:1 root extract) – 300 mg (1,200 mg*)</li> </ul> <b>Children 12 years of age or older:</b> Take 1 capsule 2 times daily. <b>Adults 18 years of age or older:</b> 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 in Box	6-27207-60002-6
150 Capsules Bottle in Box	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® (NPN 80052846)	UPC
24 Capsules Bottle in Box	6-27207-63013-9
48 Capsules Bottle in Box	6-27207-63014-6
COLD-FX® First Signs® Nighttime (NPN 80079567)	UPC
24 Capsules Bottle in Box	6-27207-63019-1

†Per capsule compared to COLD-FX NPN 80002849. COLD-FX® is Canada's #1 Pharmacist Recommended Natural Cold Remedy Brand. Caddie Inc.® 2019 Survey on Pharmacists Natural Cold Remedy Recommendations.

For use by Health Care Professionals only. 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.

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