



# First Signs® Cold and Flu Symptom Relief

**COLD-FX® First Signs®** and **COLD-FX® First Signs® 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>

|                              | <b>COLD-FX® First Signs®</b>   | <b>NEW</b> <b>COLD-FX® First Signs® Nighttime</b>   |
|------------------------------|--|---|
| <b>When to use</b>           | Daytime  | Nighttime sleep aid   |
| <b>Medicinal Ingredients</b> | <p><b>Naturally Sourced Andrographis</b><br/>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®</b><br/>Patented extract from the root of North American ginseng (<i>Panax quinquefolius</i>).</p> <p><b>Echinacea</b><br/>Can help to relieve the symptoms and shorten the duration of upper respiratory tract infections.</p> <p><b>Zinc</b><br/>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><br/>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><br/>A sleep aid.</p> |
| <b>Dosage</b>                | Days 1-3; 2 capsules 3 times/day<br>Days 4-5; 1 capsule 3 times/day  | Take 2 capsules daily at or before bedtime  |
| <b>Capsule Count</b>         | 24 & 48  | 24  |

## COLD-FX® Daily Support and Symptom Relief Products

### COLD & FLU SYMPTOM RELIEF

### COLD & FLU DAILY SUPPORT by BOOSTING THE IMMUNE SYSTEM<sup>7</sup>








# First Signs® Cold and Flu Symptom Relief




## COLD-FX® First Signs® Symptom Relief

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

|   | Cough   | Sore Throat | Runny Nose | Fever | Headache | Sleeplessness | MEDICINAL INGREDIENTS / DOSAGE INFORMATION  |
|---|---|-------------|------------|-------|----------|---------------|---|
| <b>COLD-FX® First Signs®</b><br>           | ✓   | ✓           | ✓          | ✓     | ✓        |               | <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:</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><br> | ✓ Both COLD-FX® First Signs® products can be used safely as they complement one another |             |            |       |          |               |   |
| <b>COLD-FX® First Signs® Nighttime</b><br> | ✓   | ✓           | ✓          | ✓     | ✓        | ✓             | <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:</b> Take 2 capsules daily at or before bedtime.   |

## COLD-FX® Daily Support Clinically Proven Formula

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

|   | Helps reduce:   | MEDICINAL INGREDIENTS / DOSAGE INFORMATION  |
|---|---|---|
| <b>COLD-FX®</b><br>                 | ✓ Frequency<br>✓ Severity<br>✓ Duration<br>of cold & flu symptoms<br><b>by Boosting the Immune System</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> </ul> <b>Children 12 years of age and older:</b> Take 1 capsule 2 times daily.<br><b>Adults:</b> Take 1-2 capsules 2 times daily, up to 9 capsules per day.   |
| <b>COLD-FX® CHEWABLE</b><br>       | Helps increase production of certain types of cytokines that may signal and activate the immune system in high performing athletes. | <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 and older:</b> Take 1 chewable 2 times daily.<br><b>Adults:</b> Take 1-2 chewables 2 times daily, up to 9 chewables per day.   |
| <b>COLD-FX® EXTRA STRENGTH</b><br> |   | <b>Each capsule contains:</b><br><b>50% More Active Ingredient per capsule*</b> <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.<br><b>Adults:</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 & Doctor Recommended Natural Cold Remedy Brand. Pharmacy Practice+, Profession Santé and The Medical Post 2016 Survey on OTC Counselling & 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. COLD-FX-0073

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).

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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).

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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.