



# Cold Control

*Nature's Harmony® Cold Assist 200 mg Ginseng capsules are formulated with the naturally grown herb American ginseng (*Panax quinquefolium*). American ginseng has had a long history use by Native Americans and also in traditional Chinese medicine.*

PRODUCT CODE: 400437

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
May help enhance the immune system.	Capsule	Take 1 capsule twice daily with a meal or as directed by a health care practitioner.

## DESCRIPTION:

American ginseng is a herbal medicine that has a long reputation as a versatile tonic to combat stress and fatigue and boost immune function. Each capsule of Nature's Harmony® Cold Assist contains 200 mg of American ginseng derived from a 4:1 root extract standardized to 4% ginsenosides.

**Recommended Daily Allowance:** N/A

**Food Sources:** None.

**Causes of Deficiency:** Viral infection, depressed immune function.

**Symptoms of Deficiency:** Cold.

**Complementary Nutrients:** Vitamin C, Zinc, Moducare®.

## HOW IT WORKS:

Ginseng contains the active constituents ginsenosides, which are thought to fight fatigue and stress by supporting the adrenal glands and to improve the use of oxygen by muscles when exercising. Ginsenosides have been shown to stimulate endocrine activity in the body while promoting a mild increase in metabolic activity.



## DID YOU KNOW...

*The word ginseng is said to mean “the wonder of the world.” The plant was first introduced into England in 1740 by the botanist Collinson.*

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## RESEARCH:

A number of studies report that ginseng may stimulate activity of immune cells in the body (T-lymphocytes and neutrophils), improve the effectiveness of antibiotics in people with acute bronchitis and enhance the body's response to influenza vaccines. Research shows that American ginseng has immune balancing activity and can stimulate natural killer cell activity.

## SIDE EFFECTS:

Side effects are rare. However, diarrhea or allergic skin reactions can occur, especially with large amounts or prolonged use.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Individuals should consult their health care practitioner prior to use.


Do not use if pregnant or breastfeeding. Individuals with a bleeding condition, a cardiac condition, or with insomnia, cancer, diabetes or schizophrenia should not use this product.

Do not use concurrently with drugs for diabetes, blood thinning, high blood pressure, estrogen therapy or any psychotherapeutic medications such as phenelzine, monoamine-oxidase inhibitors (MAOIs). Do not combine with stimulants such as caffeine.

## OTHER CONSIDERATIONS:

Do not take a ginseng product before bedtime, as it is a natural stimulant.


## LABEL:



**Casse-rhume**  
Extrait de ginseng

**Peut rehausser le système immunitaire.**

**60 capsules**



**Cold Control**  
Ginseng Extract

**May Enhance the Immune System**

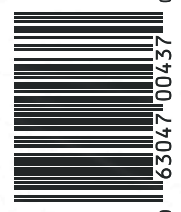
**60 Capsules**

**Usage recommandé :** Peut rehausser le système immunitaire.  
**Posologie recommandée (adultes) :** Prendre 1 capsule accompagnée d'un repas, deux fois par jour, ou selon l'avis d'un praticien de soins de santé.  
**Ingédients médicinaux :**  
 Chaque capsule contient :  
 Racine de ginseng américain (Panax quinquefolius) à 4:1 (normalisée à 4 % de ginsénosides) .....200 mg  
**Ingédients non médicinaux :** cellulose microcristalline, dioxyde de silicium, stéarate de magnésium, gélatine.  
 Ce produit ne contient pas mais, ingrédients laitiers, œuf, gluten, lactose, crustacés, soya, amidon, sucre, sulfites, levure, ni colorants, arômes ou agents de conservation artificiels.  
**Information sur les risques :** Ne pas utiliser si vous êtes enceinte ou allaitante, si vous souffrez d'un état hémodynamique, d'une affection cardiaque, de cancer, de diabète, de schizophrénie ou d'insomnie. Consulter un praticien de soins de santé avant d'en faire l'usage. Ne pas utiliser si vous prenez des inhibiteurs de monoamine oxydase, des médicaments antidiabétiques, antipsychotiques, anticoagulants ou stimulants.  
 RANGER DAN UN ENDRÖIT FRAIS ET SEC. TENIR HORS DEL LA PORTEE DES ENFANTS.

**Recommended Use:** May enhance the immune system.  
**Recommended Dose (Adults):** Take 1 capsule twice daily with a meal, or as directed by a health care practitioner.  
**Medicinal Ingredients:**  
 Each capsule contains:  
 American Ginseng (Panax quinquefolius) root extract 4:1 (STD to 4% ginsenosides).....200 mg  
**Non-medicinal Ingredients:** Microcrystalline cellulose, silicon dioxide, magnesium stearate, gelatin.  
 This product does not contain corn, dairy, egg, gluten, lactose, shellfish, soy, starch, sugar, sulfites, yeast, artificial colours, flavour or preservatives.  
**Risk Information:** Do not use if you are pregnant or breastfeeding, have a bleeding condition, cardiac condition, cancer, diabetes, schizophrenia or insomnia. Consult a healthcare practitioner prior to use. Do not use if you take monoamine oxidase inhibitors, antidiabetic, antipsychotic, anticoagulant or stimulant medications.  
 STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Actual Size  
**Grandeur réelle**  
**DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.**

Manufactured for / Fabriqué pour:  
 Purity Life Health Products  
 A division of/Une division de SunOpta Inc.  
 6 Commerce Crescent, Acton ON L7J 2K3  
 For more information visit [www.naturesharmony.com](http://www.naturesharmony.com)  
 or call 1-877-829-2548. Pour plus d'information, visitez le site [www.naturesharmony.com](http://www.naturesharmony.com)  
 ou composez le 1 877 829-2548.



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