





# Product Fact Sheet

## **BREATHE EASY, FEEL BALANCED**

Conco<sup>®</sup> supplement is designed to address the body's respiratory system with "metal element" herbs that help balance the body with a combination of "warming" (cleansing, Yang energy) and "cooling" (nourishing, Yin energy) herbs.

# PHILOSOPHY OF REGENERATION®

Based on the Philosophy of Regeneration<sup>®</sup>, Conco<sup>®</sup> is designed to maintain optimum health through proper nutrition and keep the body in balance. Exclusively formulated with a proprietary blend of concentrated herbs for effectiveness, Conco<sup>®</sup> is a unique combination of Eastern herbal tradition and Western science to support a healthy respiratory system.

# **INGREDIENT HIGHLIGHTS**

#### CHUAN XIONG ROOT

Also known as lovage, chuan xiong root has warm properties that promote healthy circulation.

#### **GOLDEN BELL FRUIT**

Golden bell fruit's properties address the respiratory system and skin. It's also known as forsythia and lian qiao.

#### BAMBOO LEAF

High fiber bamboo leaf contains bone and skin strengthening silica. It has cooling properties and can aid in healthy digestion.

## FAQS

**Q:** What is the Metal element?

- **A**: In Chinese medicine, health is the balance of Five Elements: Wood, Fire, Earth, Metal, and Water. Each element has its own qualities in your body. Metal is associated with the lungs and large intestines, and its characteristics are determination, precision, and organization.
- Q: How do I know if I have a Metal imbalance?
- **A**: When your Metal element is in balance, you may feel able to do anything. Metal imbalance can negatively affect the respiratory and digestive systems, as well as the health of the skin. Imbalance can also adversely affect the mood, resulting in feelings of grief and sadness.

## RECOMMENDATION

Take two capsules at mealtime.

### BENEFITS

- Balances the respiratory and digestive systems
- Promotes healthy circulation
- Made with natural ingredients
- Highly concentrated
- Effective balanced formula