

CONCO®

Our highly concentrated, nourishing formula is expertly blended with mint herb, chuan xiong, Chinese catnip, and other select herbal ingredients that have been used in Traditional Chinese Medicine (TCM) to clear heat, expel wind, and support the respiratory system.

BENEFITS

- Highly concentrated for maximum effectiveness
- Support the respiratory system
- Specially formulated for superior absorption
- Effective balanced formula
- Made with natural ingredients



100 capsules

#20201

INGREDIENT HIGHLIGHTS

MINT HERB

In TCM, this aromatic herb is considered to have cooling properties and is used to expel wind-heat, helping to clear the head and eyes and benefit the throat.

CHUAN XIONG ROOT

In TCM, this herb (also known as lovage) has warming properties, expels wind, and promotes the movement of Qi and healthy circulation.

SILVER FLOWER

In TCM, this herb is thought to have cooling properties and is used to clear heat.

CHINESE CATNIP (SCHIZONEPETA TENUIFOLIA)

This plant is used in TCM to expel wind and for fever and for the common cold.

HOW TO USE

Adults: Take 6 capsules daily. For prolonged use consult a health care practitioner.

FAQs

Q: What does “clear heat” and “expel wind” mean in TCM?

A: From a Western perspective, it can be helpful to think of “heat” as inflammation.

Inflammation is usually helpful and part of the healing process, but when it gets over a healthy threshold, it becomes a problem and is viewed as “heat.” As in nature, heat causes expansion and increased activity, and this imbalance caused by too much heat can lead to irritability, fever, and inflammatory conditions. According to TCM, certain herbs can work in combination to clear the heat, support toxin removal, and helps restore balance to the body. The harmful influence of wind is considered the major cause of illness in traditional Chinese patterns of disharmony. It combines readily with other pathogens, giving rise to syndromes known as wind cold, wind heat, and wind dampness. Wind is considered as the backbone of many diseases in TCM. Conco® is made with mint herb, chuan xiong, Chinese catnip, silver flower and other targeted herbal ingredients that have been used in TCM to help clear heat and expel wind.

Q: What is Qi?

A: Qi (pronounced “chee”) is the Chinese term for life energy, or life spirit, a vital force that flows through all living things. Qi is based on a simple principle: Any system in harmony tends toward health, well-being, and sustainability. A system in disharmony tends toward illness, disease, and collapse. Eating healthy foods is one of the first steps toward creating a healthy balance within our bodies.

Medicinal Ingredients / Ingrédients médicinaux ;	
Each capsule contains / Chaque gélule contient :	
Mint / Menthe (Mentha arvensis, Herb / Herbe)	93.8 mg
Mint / Menthe (Mentha arvensis, Herb / Herbe)	31.27 mg
(3 : 1, OCE / QBE 93.8 mg)	
Chuan Xiong / Chuan Xiong (Ligusticum wallichii, Root / Racine)	56.3 mg
Chuan Xiong / Chuan Xiong (Ligusticum wallichii, Root / Racine)	18.77 mg
(3 : 1, OCE / QBE 56.3 mg)	
Chinese Hawthorn / Aubépine de Chine (Crataegus pinnatifida, Fruit / Fruit)	56.3 mg
Chinese Hawthorn / Aubépine de Chine (Crataegus pinnatifida, Fruit / Fruit)	18.77 mg
(3 : 1, OCE / QBE 56.3 mg)	
Gold-and-silver Flower / Chèvrefeuille (Lonicera japonica, Flower / Fleur) ..	56.3 mg
Gold-and-silver Flower / Chèvrefeuille (Lonicera japonica, Flower / Fleur) ..	18.77 mg
(3 : 1, OCE / QBE 56.3 mg)	
American Lovage / Livèche (Ligusticum canadense, Root / Racine)	18.8 mg
American Lovage / Livèche (Ligusticum canadense, Root / Racine)	6.27 mg
(3 : 1, OCE / QBE 18.8 mg)	
Chinese Angelica / Angélique de Chine (Angelica sinensis, Root / Racine) ..	18.8 mg
Chinese Angelica / Angélique de Chine (Angelica sinensis, Root / Racine) ..	6.27 mg
(3 : 1, OCE / QBE 18.8 mg)	
Black Bamboo / Bambou noir (Phyllostachys nigra, Leaf / Feuille)	18.8 mg
Black Bamboo / Bambou noir (Phyllostachys nigra, Leaf / Feuille)	6.27 mg
(3 : 1, OCE / QBE 18.8 mg)	
Fulvous Day-lily / Hémérocalles fauve (Hemerocallis fulva., Root / Racine) ..	18.8 mg
Fulvous Day-lily / Hémérocalles fauve (Hemerocallis fulva., Root / Racine) ..	6.27 mg
(3 : 1, OCE / QBE 18.8 mg)	
Fineleaf Schizonopeta Herb / Jing jie (Schizonopeta tenuifolia, Aerial Parts / Parties aériennes)	18.8 mg
Fineleaf Schizonopeta Herb / Jing jie (Schizonopeta tenuifolia, Aerial Parts / Parties aériennes)	6.27 mg
(3 : 1, OCE / QBE 18.8 mg)	
Reed / Roseau (Phragmites communis, Root / Racine)	18.8 mg
Reed / Roseau (Phragmites communis, Root / Racine)	6.27 mg
(3 : 1, OCE / QBE 18.8 mg)	
Non-medicinal Ingredients / Ingrédients non médicinaux : Hypromellose.	
In a vegetable-based capsule / En gélule à base végétale	

The information provided for the Recommended Use is applicable to products sold in Canada only. Please note that daily dosage and labeling instructions differ between Canada and the United States. Also, please be aware that everyone's body is unique and may react differently to our products. The Recommendation for this product should be treated as the maximum daily recommended dosage for adults.



NOURISH + CLEANSE = BALANCE

Sunrider® products are based on a simple yet powerful idea that blends Traditional Chinese Medicine with advanced science. We call it our Philosophy of Regeneration®. When you nourish with only the finest natural ingredients and cleanse of harmful chemicals and artificial colors, flavors, and preservatives, you bring your body into balance. A balanced body is a healthy body.