

# **CONCO®**

Breathe easy and feel balanced with this highly concentrated, nourishing formula. Conco® helps bring your respiratory system into balance with "metal element" herbs that support your overall health. Chuan xiong root promotes healthy circulation while schizonepeta and bamboo leaf support healthy respiration, digestion, and circulation.

## **BENEFITS**

- · Highly concentrated, natural herbal formula
- · Balances your respiratory system
- Promotes healthy digestion and circulation





100 capsules

#2020127

# INGREDIENT HIGHLIGHTS

#### **CHUAN XIONG ROOT**

Also known as lovage, this "warming" root supports healthy circulation.

#### **SCHIZONEPETA**

A medicinal plant that is frequently used to relieve the symptoms of common flu & cold, soothe sore throat & promote circulation.

#### **BAMBOO LEAF**

High in fiber, this "cooling" herb aids digestion and contains silica to strengthen your skin and bones.

## **HOW TO USE**

Take two capsules three times a day at meal time

## **INGREDIENTS**

Herba Menthae, Fructus Crataegi, Flos Lonicerae Japonicae, Rhizoma Chuanxiong, Herba Schizonepetae, Radix Angelicae Sinensis, Radix Platycodi, Rhizoma Phragmitis, Radix Et Rhizoma Rubiae, and Folium Phyllostachydis Henonis.

## **FAQs**

### Q: What is the "metal element"?

A: In Traditional 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. The "metal element" herbs in Conco® help balance your body with a combination of "warming" (cleansing, Yang energy) and "cooling" (nourishing, Yin energy) herbs.

#### Q: How do I know if I have a "metal imbalance"?

A: In Traditional Chinese Medicine, when your "metal element" is in balance, you may feel like you can do anything. Conversely, "metal imbalance" can negatively affect your respiratory, digestive, and skin health while adversely affecting your mood, causing grief or sadness.



## **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.