

Conco—Food for the Respiratory System

Conco comes from “con” meaning “against” and “co” short for “colds”. This phenomenal formula primarily nourishes the functions associated with respiration (breathing) and the lymphatic system. At the first sign of a cold or flu, many choose to eat **Conco** freely at timely intervals. Eaten throughout the day, along with **Alpha 20 C**, Sunrider’s **Goldenseal**, and Sunrider’s **Spirulina**, promotes a strong immune response to environmental and viral attacks.

Major organs fed:

- Lungs, large intestine, skin, thyroid

Positive emotion: creating order

In ancient China, a similar formula was used to:

- resist viruses—phenomenal protection against influenza and colds
- build protection against allergies (pollen, dust, etc.)
- relieve congestion of the air passages of the chest and head (sinus, bronchial, etc.)
- relieve fevers and headaches (including migraines)
- relieve muscle and joint pain accompanying influenza
- soothe the stomach and reduce nausea and vomiting
- rebuild and improve the immune system functions
- fortify the body as emotional food for grief, melancholy

Ingredients: Mint Herb, Honeysuckle Flower, Chinese Lovage, Golden Bell Fruit, Chinese Catnip, Bell Flower Root, American Lovage Root, Angelica Root, Licorice Root, Bamboo Leaf, Burdock Seed, Reed Root.