



Alato

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Type: **antidepressant, tonic-stimulating**

Indications

Antidepressant and mental stimulant

Recommended daily intake:

Suggested dosage is 2 tablets, 3 times a day.

Physiological value:

It is used to contrast physical and mental tiredness.

Method of preservation:

store in a cool place, protected from light.

Contains:

100 tablets of 450 mg, total net weight 45 g e



In the same family:

Alato 6 - Fluid extract

Antidepressant

HERBS PRESENT IN THE PRODUCT



GINSENG

It is an Adaptogenic plant that increases the electrical activity of the cerebral cortex cells. It stimulates the cholinergic system. It increases physical endurance and recovery capacity after sports activity. Ginseng enhances memory and resistance toward negative environmental factors. Overall, it reduces stress and neurosis, improves adaptation to the stimuli of daily life, enhances physical and mental performance and strengthens the immune system.



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GUARANA

Guarana is rich in caffeine and has stimulating and anti-asthenic effect. In the Amazonian ethnomedicine Guarana is the elixir of long life that has tonic, stimulating, anti-fatigue, anti-depressive, astringent, febrifugal, cardiac tonic and diuretic properties. It is also used as cure for headaches, menstrual pains and rheumatism.



KOLA NUT

Kola nut is rich in caffeine and it is an effective nerve tonic. It has tonic, exciting and restorative properties; it helps to decrease the perception of fatigue and improves cardiac contractility and breathing, nerve and brain efficiency.

la **fenice**

A stylized white logo of a phoenix, a mythical bird that is reborn from its own ashes.

La Fenice sas

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