



Alato

10

Type: **immunoregulator / anti-inflammatory**

Indications

Digestive disorders, gastritis, colitis, muscle spasms, musculotensive headache, pharyngitis, laryngitis, bronchial spasms, dry cough, asthma, respiratory and skin allergies, nervous tension, anxiety.

Recommended daily intake:

30 drops, 3 times a day.

Physiological value:

Anti-inflammatory of the mucous membranes.

Recommended storage:

store in a cool place, protected from light.

Contains:

60 ml e

In the same family:

Alato 22 - fluid extract

bronchi-lungs

Alato 35 - dry extract

gastric pathologies

Alato 37 - dry extract

immunoregulator / anti-inflammatory



HERBS PRESENT IN THE PRODUCT



EVENING PRIMROSE

Evening primrose oil is used because it has gamma-linolenic acid (GLA). It also contains high amounts of polyunsaturated fatty acids. GLA is a very rare fatty acid in foods: it is found only in breast milk and in few plants.

BORAGE

It is formed about 30% of gamma-linolenic acid (GLA); this percentage makes borage oil one of the richest sources of this fatty acid.



OATS

It is a plant that has stimulating, adaptive, psychostimulant, cardiotoxic and sedative properties. It is a good remedy for the treatment of depression, nervous weakness, insomnia and anxiety.



CHAMOMILE

Helps in case of anxiety, nerve hyperexcitability, digestive spasms, dysmenorrhea, musculotensive headaches. Chamomile has a sedative action similar to benzodiazepines. It also performs anti-inflammatory activity (particularly at the level of the stomach mucosa), a spasmolytic action on the smooth muscle of the intestine and an anti-allergic action.



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LEMON BALM

It is useful for healing visceral spasms, nervous dyspepsia, dysmenorrhea, palpitations, nervous hyper-excitability. It is used as a sedative in anxiety states with visceral somatization and restlessness. It is also used in gastrointestinal dyspeptic pathologies thanks to its spasmolytic action. Lastly it helps in treatment of migraine.



PASSIONFLOWER

In ancient times the Aztecs used passionflower as relaxant. It is a nervous system sedative and has tranquilizing, anxiolytics and antispasmodics properties. At the time of the First World War, passionflower was a treatment for "war anxieties". It is also useful for helping weaning from psychotropic drugs.



LINDEN

Lime tree is a fluidizing, anti-inflammatory, nervous and antispasmodic sedative. It has a relaxing action on the circulatory system. It is indicated in case of airway disorders since it has mucolytic and anti-inflammatory properties. It has a sedative and anxiolytic effect on the neurovegetative system. It is an excellent antispasmodic and has beneficial effects on the intestinal system.



la fenice

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