



Alato

12

Type: **physical adaptogen**

Indications

Hypoadrenalism, psychophysical asthenia, organic debilitation, psychophysical exhaustion due to excessive stress, states of illness resulting from exhaustion conditions.

Recommended daily intake:

1 tablets, 3 times a day

Physiological value:

Powerful adaptogen with no exciting effects. It has a specific stimulation action of the adrenal glands.

Method of preservation:

Store in a cool place, protected from light.

Contains:

100 tablets of 400 mg, total net weight 40 g e



In the same family:

Alato 30 - buds extract

psycho-physical debilitation

HERBS PRESENT IN THE PRODUCT



ELEUTHEROCOCCUS

Eleutherococcus is an adaptogen, indicated in states of stress and over-exertion, asthenia, convalescence, psychophysical exhaustion, fatigue and hypotension. It also helps concentration and attention and stimulates the metabolism. It acts on the adrenal glands, increasing the production of adrenal hormones. It stimulates protein synthesis in liver, pancreas and adrenal cortex, with effects also on the growth hormone. Studies have shown that it also has effects on the heart since an increase in the number of mitochondria in myocardial muscle fibrocell was observed when absorbed. Finally it stimulates the immune system, increasing the interferon levels and the phagocytosis processes of monocytes and granulocytes.



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RHODIOLA ROSEA

Rhodiola is adaptogene and immunostimulant. It is effective in anxiety and depressive syndromes, increasing the levels of brain and blood serotonin, and influencing the levels and activity of beta-endorphins. It helps to increase the lipolytic processes with production of ATP and creatine phosphate (CP) and reduction of fat component in favor of the development of muscle mass. It possesses cardio-protective, antiarrhythmic and hepatoprotective properties. It strengthens the general conditions of the organism by reducing the level of mental fatigue and the state of anxiety that are produced in situations of psycho-physical stress. It enhances mental faculties by improving mnemonic and learning abilities since it regulates norepinephrine and dopamine levels in the brain.



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