



# Alato

## 15

Type: **Nootropic**

### Indications

Indicated in case of degrading of focus under conditions of fatigue or excessive stress. Helps to find efficiency and focus.

### Recommended daily intake:

2 tablets, 3 times a day

### Physiological value:

It has a stimulating and relaxing action on an emotional-mental level with an improvement in the ability to handle extreme stressful situations.

### Method of preservation:

Store in a cool place, protected from light.

### Contains:

100 tablets of 420 mg, total net weight 42 g e



In the same family:

### Alato 27 - Dry extract

adattogeno nervoso

## HERBS PRESENT IN THE PRODUCT



### WHITANIA

Whitania is also called "Indian Ginseng" and is used as a tonic, energetic, adaptogen and nootropic. It invigorates and stimulates the functions of the respiratory system, muscular and reproductive, while performing important anti-inflammatory, antibacterial and analgesic actions. It also acts on the nervous system with anti-asthma, tonic-stimulating, energizing and anxiolytic-sedative effects. It has good antioxidant and nootropic effects on a mental level: it stimulates and tones brain functions, protecting its structures from aging and free radical attacks. It favors and improves the psycho-cognitive dynamics of learning and memory, as well as the flow of information between the different brain zones.



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### SCHISANDRA CHINENSIS

This herb is:

- an adaptogen and energizing because it increases the resistance of the body and improves physical performance
- a hepatoprotector, because the phytocomplex acts on hepatic metabolism and against toxins in the body
- a psychic stimulant, because of the adaptogenic and tonic-nerve effect
- a sexual stimulant, because it improves the sexual performance of both men and women
- a nootropic, because it stimulates the central nervous system by improving brain capacity and intellectual performance.



*la* **fenice**

A stylized white line-art logo of a bird with wings spread, perched on a decorative scroll.

**La Fenice sas**

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