



Alato

16

Type: **mineralizing**

Indications

It is useful in the case of fractures and prevents and treats osteoporosis. It acts as an antianemic since promotes the absorption of iron and the production of red blood cells. It improves the condition of nails and hair.

Recommended daily intake:

5 tablets, 1-2 times a day

Physiological value:

Improves trophism of the connective tissue.

Method of preservation:

Store in a cool place, protected from light.

Contains:

200 tablets of 430 mg, net weight 86 g e



In the same family:

Alato 8 - Algae

Supplement

Alato 9 - Iron

Anti-anaemic

HERBS PRESENT IN THE PRODUCT



HORSETAIL

Horsetail contains from 18% to 20% of mineral salts, 2/3 of which consist of silicic acid (10% in the form of water-soluble silicates). In the plant there are two different types of silica. The first one is the organic-colloid and soluble, which forms the cytoplasmic colloids and is bound to proteins, lipids and starches. The second is the insoluble and mineral. The non-soluble silicon is very resistant to chemicals and in humans does not have any physiological role because it is not absorbed. Among the mineral constituents also stands out potassium (3-5%); the other minerals present are: calcium (1-2%), magnesium (0.1-0.3%), phosphorus (0.4%), nitrogen (0.6%), sulfur (0.6%), sodium (0.01-0.02%), traces of zinc and manganese. During the process of calcification of the bones the presence of silicon is indispensable. Studies have shown that bone demineralization is proportional to the decrease in silicon. Silicon is located in the osteoblast that is a cell that stimulates bone building. Thanks to this it promotes calcium deposition in active calcification sites.tem by improving brain capacity and intellectual performance.



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