



# Alato

## 17

Type: acts on the metabolism of GABA

### Indications

Sedative used for disorders related to sleep, anxiety, depression, irritability, exhaustion, hysteria, nervous tension and attention deficit-hyperactivity disorder (ADHD). Also used to help in case of menstrual cramps and muscle and joint pain.

### Recommended daily intake:

(Maximum daily intake is 600 mg a day)  
2 tablets, 3 times a day

### Physiological value:

Valerian is useful for its relaxing action.

### Method of preservation:

Store in a cool place, protected from light.

### Contains:

100 tablets of 420 mg, net weight 42 g €



In the same family:

### Alato 20 - Dry extract

precursor of serotonin

### Alato 24 - Dry extract

neurotransmitter regulator / serotonin precursor

## HERBS PRESENT IN THE PRODUCT



### VALERIAN

It is a nervous system sedative with a sleep-inducing and antispasmodic action. It stimulates the release of GABA and inhibits its reuptake with a depressing effect on the central nervous system. It also has sedative properties of the central nervous system because it has a spasmolytic action. The mechanisms behind the valerian sedative action are much more complex and involve other neuronal systems. It is used in insomnia, in anxious states and intestinal smooth muscle spastic states.



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