



**Alato**

**20**

Type: **precursor serotonin**

### **Indications**

It has positive effects on individuals in conditions of stress, lack of sleep and depression. Helps to overcome worry and anxiety.

### **Recommended daily intake:**

1 tablet, 2-3 times a day

### **Physiological value:**

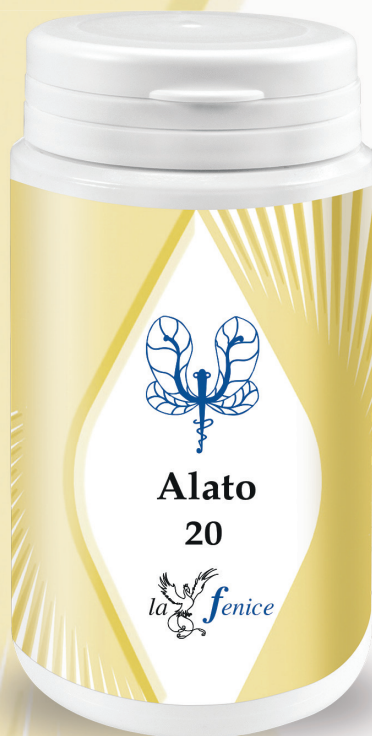
It is a precursor of serotonin helps improving mood, relaxation and mental well-being.

### **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 11 - Dry extract**

dopamine precursor

### **Alato 17 - Dry extract**

metabolism of GABA

## HERBS PRESENT IN THE PRODUCT



### GRIFFONIA 5-HTP

The seeds of this plant contain significant quantities of 5-HTP (5-hydroxytryptophan). 5-HTP is a direct precursor of serotonin which is an essential chemical mediator in the brain.

In the genesis of neuropsychiatric disorders there is an alteration of the brain activity linked to imbalance in the synthesis, storage, release or inactivation of the amines and in particular of the serotonin. In fact the brain tissue of depressed individuals has a lack of serotonin.

Also in some neurological syndromes there is a deficit of serotonin. Exogenous serotonin is unusable, therefore it must be synthesized in the brain tissue starting from the amino acid precursor: the tryptophan. Only 1% of exogenous tryptophan is transformed into serotonin, while 5-hydroxytryptophan easily crosses the blood-brain barrier and is totally converted into serotonin.



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