



**Alato**

**27**

Type: **adaptogen**

### **Indications**

Increases calm and, at the same time, physical energy. Provides a feeling of physical well-being and mental clarity.

### **Recommended daily intake:**

2 tablets, 3 times a day

### **Physiological value:**

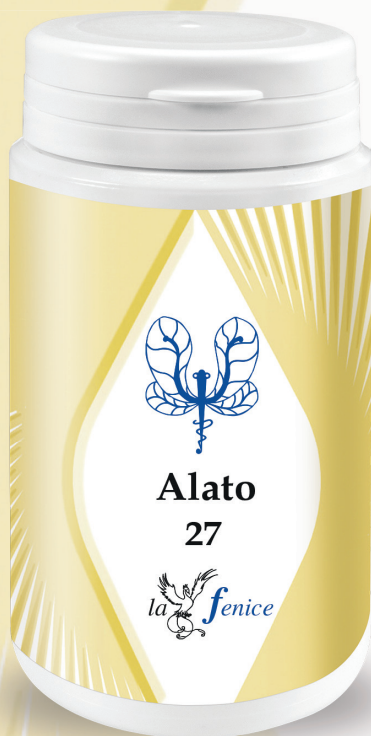
It has a tonic and adaptogenic action.

### **Method of preservation:**

Store in a cool place, protected from light.

### **Contains:**

100 tablets of 450 mg, total net weight 45 g e



In the same family:

### **Alato 15 - Dry extract**

Nootropic

## HERBS PRESENT IN THE PRODUCT



### GINSENG

It is an adaptogenic plant that increases the electrical activity of the cells of the cerebral cortex. It stimulates the cholinergic system. It increases physical endurance and recovery capacity after sports activity. Ginseng enhances memory and resistance to negative environmental factors. Overall, it reduces stress and neurosis, improves adaptation to the stimuli of daily life, enhances physical and mental performance and strengthens the immune system.



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### PFAFFIA PANICULATA

Brazilian adaptogenic plant called "Ginseng brasileiro" due to the similarity of effects with Ginseng. In South America it is also known by the name of "para toda" (which means "for everything"). The natives of Amazonia have used it for generations for many purpose: energizing, aphrodisiac, rejuvenating, generalized tonic and sexual stimulant. Even today, the use of Pfaffia is fundamental in tonic, aphrodisiac and adaptogen products. An adaptogen is a plant that can increase the body's resistance to a variety of external physical-chemical agents. Pfaffia paniculata is therefore able to increase fatigue resistance and concentration. It is an immunostimulant able to treat psycho-physical fatigue.



**La Fenice sas**

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