



Alato

3

Type: **sedative, anxiolytic**

Indications

Spasms, nervous contractions, irritability, nervousness, agitation, anxiety, hyper-excitability and organic disorders of nervous origin.

Recommended daily intake:

2 tablets, 3 times a day

Physiological value:

It is used for relaxation, mental well-being. It contrasts localized states of tension.

Method of preservation:

store in a cool place, protected from light.

Contains:

100 tablets of 455 mg, total net weight 45 g e

In the same family:

Alato 2 -dry extract

sedative, anxiolytic

Alato 4 - fluid extract

sedative, anxiolytic

Alato 5 - fluid extract

sedative, anxiolytic

Alato 33 - buds extract

sedative, anxiolytic



HERBS PRESENT IN THE PRODUCT



ESCHOLTZIA

It is a sedative, anti-depressive, antispasmodic plant that acts on both cardiac activity and central nervous system since it lowers blood pressure and reduces the activity of the cells of the cerebral cortex. It decreases the falling asleep time and helps the maintenance of a good quality sleep. It is indicated in case of anxiety, stress, sleep disorders (insomnia, nocturnal awakenings), psychosomatic disorders, irritability, mood bending, psychic pains and nervousness. The plant has also an antispasmodic action and is useful in nocturnal cramps, pain syndromes, headaches, colonic and bilious spasms, and nervous coughs.



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JUJUBE

It is used to counteract irritability, insomnia, anxiety, agitation, distress. *Zizyphus spinosa* is known in China under the name of Suan Zao Ren, and is the most known and used calming plant in the Chinese folk medicine. It is considered one of the main traditional brain tonics, thanks to the tonic, relaxing, muscle relaxant and mind rebalancing properties.



RED POPPY

It is a nerve and bronchial spasms sedative. The calming action is the main property. The plant is used with excellent results to combat stress and anxiety. Poppy can also be used as a cough suppressant, adjuvant in pertussis, end expectorant in the therapy of acute catarrhal bronchitis.



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