



Alato

37

Type: **immunoregulator / anti-inflammatory**

Indications

Laryngitis, pharyngitis, muscle contractures, digestive spasms, gastric and abdominal colic, bronchial asthma, allergic rhinitis, seasonal allergies, atopic eczema, dermatitis.

Recommended daily intake:

5 mg. one or more times a day.

Physiological value:

Immunostimulant, immunoregulatory, anti-inflammatory.

Recommended storage:

store in a cool place, protected from light.

Contains:

500 tablets of 1 mg. €

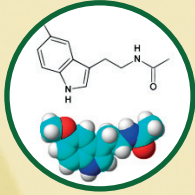


In the same family:

ALATO 10 - oily extract

immunoregulatory / anti-inflammatory

HERBS PRESENT IN THE PRODUCT



MELATONINE

Melatonin is now used only to regulate the wake-sleep cycle, but its sphere of action is very wide and it is difficult to set the boundaries of the action field.

The therapeutic indications are wide:

- Immunostimulant
- Anti
- inflammatory of the mucous membranes of the upper respiratory tract
- Muscle relaxant, tension relieving for muscle contractures
- visceral and respiratory antispasmodic
- Natural antihistaminic

The dosage is very variable and subjective: 3-10mg one to several times a day as needed (even every 30-60 minutes) for both adults and children. The first days melatonin can cause pleasant drowsiness in sensitive individuals. The first days it is suggested to take it in the evening, in order to get used to it. After few days is possible to start take it during the day as well. Very occasionally it can happen that the person does not get used to it and the drowsiness persists.

Even more rarely it can cause insomnia. In both cases it should be suspended.



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la fenice

The logo for 'la fenice' features a stylized phoenix bird in flight, with its wings spread wide. The word 'la' is in a simple serif font, and 'fenice' is in a large, elegant, cursive script font.

La Fenice sas

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