



Alato

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Type: **sedative, anxiolytic**

Indications

It is a sedative of the central nervous system, indicated for organic disorders linked to a strong emotional-nervous component.

Recommended daily intake:

35 drops diluted in a few water, twice 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:

50 ml e

In the same family:

Alato 2 - dry extract

sedative, anxiolytic

Alato 3 - dry extract

sedative, anxiolytic

Alato 5 - fluid extract

sedative, anxiolytic

Alato 33 - buds extract

sedative, anxiolytic



HERBS PRESENT IN THE PRODUCT



OATS

It is a plant that has stimulating, adaptive, psychostimulant, cardiotoxic and sedative properties. It is a good remedy for the treatment of depression, nervous weakness, insomnia and anxiety.

HAWTHORN

It is a nerve sedative and cardioprotective drug. It has a calming and sedative action on the central nervous system in case of insomnia, anxiety, agitation, nervous stress, painful stomach and bowel spasms, mood disorders, precordial pains, coronary spasms, extra-systolic and tachyarrhythmia without cause specific organic.



CHAMOMILE

Helps in case of anxiety, nerve hyperexcitability, digestive spasms, dysmenorrhea, musculotensive headaches. Chamomile has a sedative action similar to benzodiazepines. It also performs anti-inflammatory activity (particularly at the level of the stomach mucosa), a spasmolytic action on the smooth muscle of the intestine and an anti-allergic action.



MOTHERWORT

It has a neuro sedative and cardio sedative action. It is used for anxiety states with cardiac somatization: palpitations, cardiac neurosis, cardiac erethism. It is also used in cases of premenstrual tension, dystonia with hyper-excitability, insomnia, anxiety and menopausal disorders.



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 biliary spasms, and nervous coughs.



VALERIAN

It is a nervous system sedative with a sleep-inducing and antispasmodic action. It stimulates the release of GABA and inhibits its uptake with a depressing effect on the central nervous system. 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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