



Alato

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Type: **sedative, anxiolytic**

Indications

It is a sedative of the central nervous system, indicated for digestive and cardiac disorders of nervous origin, insomnia, irritability, anxiety and agitation. It has a fast soothing effect.

Recommended daily intake:

30 drops three times a day

Physiological value:

Hops lemon balm and passionflower are used for relaxation and mental well-being. Poppy and willow contrast localized states of tension.

Method of preservation:

store in a cool place, protected from light.

Contains:

50 ml e

Associazioni:

Alato 2 - dry extract

sedative, anxiolytic

Alato 3 - dry extract

sedative, anxiolytic

Alato 4 - fluid extract

sedative, anxiolytic

Alato 33 - buds extract

sedative, anxiolytic



HERBS PRESENT IN THE PRODUCT



HOP

Hop is an antispasmodic and antiasthenic sedative. It is useful in states of hyper-excitability and is a good remedy for melancholy, insomnia caused by the nervous system, states of tension, dyspepsias, and nervous cough. It is used as a sedative.

MARJORAM

It is an antispasmodic, digestive, sedative and antidepressant. Marjoram has relaxing properties and is indicated to fight headaches, menstrual pains, colitis, anxiety and insomnia.



MELILOTUS

It is an antispasmodic and sympatholytic. It has antispasmodic and sedative properties especially at the level of the central and visceral nervous system.

LEMON BALM

It is useful for combating visceral spasms, nervous dyspepsia, dysmenorrhea, palpitations, nervous hyper-excitability. It is used as a sedative in anxiety states with visceral somatization and restlessness. It is also used in gastrointestinal dyspeptic pathologies thanks to its spasmolytic action. Lastly it helps in treatment of migraine.



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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.

PASSIONFLOWER

It is a sedative plant, indicated in nerve hyper-excitability, digestive spasms and cardiac erethism. In ancient times the Aztecs used passionflower as relaxant. It is a nervous system sedative and has tranquilizing, anxiolytic and antispasmodic properties. At the time of the First World War, passionflower was a treatment for "war anxieties". It is also useful for helping weaning from psychotropic drugs.



WILLOW FLOWERS

Used for Nerve hyperexcitability, nervous dyspepsia, dysmenorrhea, hysteria and nervous insomnia, gastric neurosis, psychosomatic dyspeptic disorders, states of anxiety, sexual erethism and uterine cramps.



La Fenice sas

Via Sempione 14 - 21029 Vergiate (VA)
Tel: +39 0331964868 - Fax: +39 0331942119
www.lafenicesas.it - info@lafenicesas.it