



Alato

6

Type: **antidepressant, tonic-stimulating**

Indications

antidepressant, mental stimulant, psychophysical antiastenic and fast energizing.

Recommended daily intake:

30 drops, 3 times a day

Physiological value:

It is used to contrast physical and mental tiredness

Method of preservation:

Store in a cool place, protected from light.

Contains:

50 ml e



In the same family:

Alato 1 - Dry extract

Antidepressant, tonic

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.

GUARANA

Guarana is rich in caffeine and has stimulating and anti-asthenic effect. In the Amazonian ethnomedicine Guarana is the elixir of long life that has tonic, stimulating, anti-fatigue, anti-depressive, astringent, febrifugal, cardiac tonic and diuretic properties. It is also used as cure for headaches, menstrual pains and rheumatism.



KOLA NUT

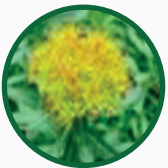
Kola nut is rich in caffeine and it is an effective nerve tonic. It has tonic, exciting and restorative properties; it helps to decrease the perception of fatigue and breathlessness and improves cardiac contractility, nerve and brain efficiency.

ELEUTHEROCOCCUS

Eleutherococcus is an adaptogen, indicated in states of stress and over-exertion, asthenia, convalescence, psychophysical exhaustion, fatigue and hypotension. It also helps concentration and attention and stimulates the metabolism. It acts on the adrenal glands, increasing the production of adrenal hormones. It stimulates protein synthesis in liver, pancreas and adrenal cortex, with effects also on the growth hormone. Studies have shown that it also has effects on the heart since an increase in the number of mitochondria in myocardial muscle fibrocell was observed when absorbed. Lastly it stimulates the immune system, increasing the interferon levels and the phagocytosis processes of monocytes and granulocytes.



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RHODIOLA ROSEA

Rhodiola is adaptogenic and immunostimulant. It is effective in anxiety and depressive syndromes, increasing the levels of brain and blood serotonin, and influencing the levels and activity of beta-endorphins. It helps to increase the lipolytic processes with production of ATP and creatine phosphate (CP) and reduction of fat component in favor of the development of muscle mass. It possesses cardio-protective, antiarrhythmic and hepatoprotective properties. It strengthens the general conditions of the organism by reducing the level of mental fatigue and the anxious component under psycho-physical stress. It enhances mental faculties by improving mnemonic and learning abilities since it regulates norepinephrine and dopamine levels in the brain.



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