



Alato

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Type: **neurotransmitter regulator**

Indications

It has a powerful anti-anxiety, antidepressant and anti-stress action. It is also effective in the treatment of polycystic ovary syndrome and associated disorders. It increases fertility by regularizing the female hormonal function. Thanks to its action and positive effect on mitochondria, it is also used in case of male infertility.

Recommended daily intake:

1 tablet, 2-3 times a day

Physiological value:

Indicated in the conditions of deficiency of this nutrient.

Method of preservation:

Store in a cool place, protected from light.

Contains:

100 tablets of 400 mg, total net weight 40 g e



In the same family:

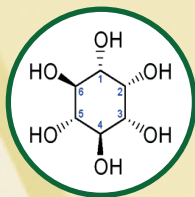
Alato 19 - dry extract

neurotransmitter regulator / cognitive functions

Alato 31- dry extract

female neuro-endocrine regulator

HERBS PRESENT IN THE PRODUCT



INOSITOL

Inositol is a primary component of cell membranes (phosphatidylinositol). In nature it is present in animal and plant tissues.

It is the second intracellular messenger of various hormones, including insulin and stimulating follicle hormone. The action of inositol can be seen at the level of the mitochondria which are indispensable for the production of energy and represent one of the most important poles of detoxification of the cell. Inositol is also present in the nerves of the spinal cord, in brain and in the cerebrospinal fluid. It is necessary for the proper functioning of many brain neurotransmitters, including serotonin and acetylcholine. It helps women with polycystic ovary syndrome to have a correct ovulation, reduces hirsutism and the amount of male hormones. It improves blood pressure and circulating levels of triglycerides.



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