



Alato

21

Type: **cognitive functions**

Indications

Indicated in case of decay of cognitive functions in the elderly, memory and mental deficit, states of anxiety and depression.

Recommended daily intake:

1 tablet at breakfast and 1 tablet at lunch.

Physiological value:

Bacopa and Ginkgo increases memory and cognitive functions.

Method of preservation:

Store in a cool place, protected from light.

Contains:

100 tablets of 420 mg, total net weight 42 g e



In the same family:

Alato 19 - Dry extract

Neurotransmitter regulator - cognitive functions

Alato 25 - Acetylcarnitine

Brain energy metabolism

Complete and in-depth information on www.lafenicesas.it

HERBS PRESENT IN THE PRODUCT



BACOPA

The Bacopa Monnieri plant is from India and it has been used for more than 3,000 years. Bacopa Monnieri derives its name from Brahman which means "pure consciousness" since it has the power to placate the mind and encourage meditation. It significantly improves cognitive functions, mental performance and learning skills. It protects against age-related cognitive impairment, Alzheimer's and senile dementia. It helps to improve the mood in cases of depression, anxiety, stress and nervousness because it regulates neurotransmitters such as serotonin and acetylcholine. Bacopa increases protein synthesis in the hippocampus that is a region of the brain that memorizes. It also increases the production of nitrogen monoxide (NO), a chemical messenger of essential importance. Under conditions of stress associated with poor sleep, bacopa administration reduces glutamate concentration and increases GABA concentration in different brain areas. Reduces anxiety levels by 20% and mental fatigue while increasing serotonin levels.



Alato

21



GINKGO BILOBA

It is particularly known for its activity on venous and arterial systems and especially on cerebral circulation. It is an antioxidant and antiplatelet: it protects the brain and the nervous system from damage caused by free radicals and decreases the viscosity of the blood. It increases peripheral circulation and protects the blood-brain barrier. It also increases levels of brain catecholamine, dopamine and serotonin with antidepressant and psychostimulant effects in the brain. It improves mental acuity, concentration, short-term memory and cognitive ability since it increases the blood supply to the brain. For its beneficial effect on the peripheral circulation helps to reduce the feeling cold at the ends, intermittent pains in the legs, cramps, tinnitus (perception of noise or ringing in the ears) and vertigo. It is also useful in the treatment of diabetic neuropathies, macular degeneration and diabetic retinopathies.



La Fenice sas

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