



Alato

31

Type: **Regulator of the female neuroendocrine**

Indications

Disorders of the menstrual cycle, menopause, premenstrual syndrome, nervous tension and mood swings related to hormonal changes.

Recommended daily intake:

2 tablets, 3 times a day

Physiological value:

These herbs are traditionally recognized to be the best regulators of the female neuroendocrine mechanism.

Method of preservation:

Store in a cool place, protected from light.

Contains:

100 tablets ---- €



In the same family:

Alato 13 - Dry extract

Neurotransmitter regulator

HERBS PRESENT IN THE PRODUCT



ANGELICA SINENSIS

It is used in Chinese medicine for all disorders related to the female hormonal sphere: premenstrual syndrome, painful and irregular menstruation, postpartum recovery and menopausal disorders. Commonly known as "female ginseng" because it is also a general psychophysical tonic and mood booster.



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ASPARAGUS RACEMOSUS

It has been used in India for thousands of years because it has therapeutic and tonic properties. The Indian name is Shatavari: it means "who has 100 husbands". It is the main ayurvedic remedy for women, as Withania somnifera (or Ashwagandha) is for men, although they have some efficacy on both sexes. It is a general tonic and a rejuvenation for all women, from puberty to menopause: it maintains hormonal balance, relieves premenstrual disorders and symptoms of menopause, treats irregularities of ovulation and menstruation, alleviates inflammation of the reproductive organs, increases sexual desire in women and increases the production of breast milk.



AGNUS CACTUS

It acts on the pituitary-ovarian axis with a female hormonal rebalancing effect. It stimulates the production of the gonadotropic hormone LH, regulates the production of prolactin and decreases production of the follicle-stimulating hormone. Rebalances progesterone and has an anti-estrogenic action. This ability to rebalance hormone makes it useful in a wide range of problems related to premenstrual syndrome, menstrual irregularities and menopausal disorders. It also has a general sedative action, useful in tachycardia, pain in the solar plexus, vertigo, intestinal spasms, insomnia and psychosomatic illnesses.



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