



Alato

9

Type: **Anti-anemic**

Indications

In case of anemia in pregnancy or vegetarian diet.

Recommended daily intake:

Suggested dosage is 1 tablet per day

Physiological value:

Supplement rich in iron, folic acid and B12 vitamin. Useful in all conditions of deficiency or when an integration of these substances is necessary.

Method of preservation:

store in a cool place, protected from light.

Contains:

150 tablets of 500 mg, total net weight 75 g e

In the same family:

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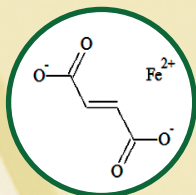
Supplement

Alato 16 - equiset

Remineralizing



HERBS PRESENT IN THE PRODUCT



FERROUS FUMARATE

Ferrous fumarate is the iron salt of fumaric acid.

Fumaric acid is present in fruits and vegetables. It has been isolated for the first time in the roots of the *Fumaria officinalis* from which the name derives.

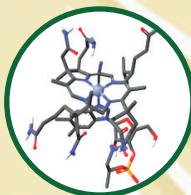
In biochemistry, fumarate is a precursor of the L-malate in the Krebs cycle. This form of iron is easily absorbed and is well tolerated.



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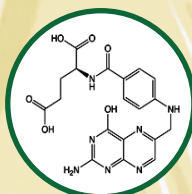
DOCK PLANT

The root is rich in iron and helps assimilation of iron by the body.



VITAMIN B 12

Vitamin B12 is essential for the synthesis of red blood cells by the bone marrow.



FOLIC ACID

It is a group B vitamin necessary for the production of red blood cells.



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