



*Food supplement. Based on millet, it promotes remineralization of the body.*

### DESCRIPTION

In times of particular psycho-physical fatigue, which occur mainly in children and the elderly as a result of pathological or psychological processes, the administration of food supplements may be indicated to help overcome the period of asthenia and listlessness.

Millet seeds are widely known as effective tonics, precisely because of their high content of microelements, vitamins and mineral salts. These substances are not synthesized by the body and must be taken from external sources: millet seeds contain iodine, phosphorus, calcium, magnesium, fluorine and potassium, essential for the normalization of thyroid metabolism, which is altered in various conditions of malnutrition; vitamins of group B, amino acids, proteins and silicon, important in maintaining homeostasis.

Silicon is involved in all the polymerization processes of collagen, mucopolysaccharides and proteins at the connective tissue level, acting mainly at the level of the integumentary apparatus (nails, hair, fur) improving the aesthetic appearance of the skin appendages and helping to nourish tooth enamel.

In association with millet seeds, it is possible to find plant extracts with adjuvant action: among these, Rosa canina is well known, with multiple beneficial and restorative properties.

Rosa canina, a common wild rose bush that grows in the countryside, contains significant amounts of vitamin A, K, P, B vitamins, tannins, carotenoids and vitamin C (ascorbic acid), which is essential for the proper formation of connective tissue and collagen. It is therefore a powerful antioxidant that counteracts the harmful effects of free radicals produced by cellular metabolic stress.

Less well-known, but no less noble, is the Alpha-alpha, also known as the medicinal herb: the properties of this perennial plant are numerous and have been known for millennia by the Greeks and Romans. The richness of its nutritional elements makes this plant highly prized for the treatment of chronic fatigue and malnutrition: by delicately regulating hormone production and reducing oxidative damage to cells, Alpha-alpha needs to be revalued as a restorative and tonic. Restoratives based on millet seeds are often combined with Taraxaco, a plant belonging to popular tradition and known as a purifying and draining plant.

Taraxaco, known as "dandelion", is a very common field plant but it hides unsuspected qualities. Numerous scientific studies have demonstrated the great benefit of Taraxaco for the liver, kidneys and intestine, favoring the elimination of slags and toxins; its content of magnesium, copper, zinc and manganese play a very effective restorative action. It also contains high amounts of vitamins (A, B, C, D), mineral salts, alcohols and sterols; it has a strong diuretic and anti-cellulite power thanks to the content of flavonoids and potassium salts.





## Alfa Alfa 25g

EAN: 8023966210841    FABRICANTE: FORZA VITALE



### Ingredients:

Powdered from: Millet (*Panicum miliaceum* L.) fruits, Brewer's yeast, Fenugreek (*Trigonella foenum-graecum* L.) seeds, microcrystalline cellulose, vegetable magnesium stearate, Alpha alpha (*Medicago sativa* L.) tops 10%, Wild rose (*Rosa canina* L.) fruits, Dandelion (*Taraxacum officinale* Weber) rhizome, MSM, silica, Vitamin E acetate, calcium gluconates, magnesium, manganese, iron, copper, zinc, disodium phosphate.

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