

## Alegretto 60 Vegetable Capsules

EAN: 8436540533012    FABRICANTE: VIT.O.BEST



Helps naturally control stress and anxiety. It contributes to maintaining normal psychological function and reducing tiredness and fatigue.

### DESCRIPTION

#### What is Alegretto from Vitobest and what is it for?

**Alegretto**, from **Vitobest®**, is a food supplement that combines plant extracts and amino acids in its formula that help combat stress and anxiety:

- **Ginkgo, ashwagandha, St. John's wort and magnolia:** *Ginkgo biloba* helps reduce stress and anxiety by promoting sleep. Ashwagandha, traditionally used in Ayurvedic medicine, contains substances with GABA-mimetic action that provide a calming and anticonvulsant effect. St. John's wort, known as St. John's wort, keeps serotonin levels in the brain constant by inhibiting the production of monoamine oxidase (the enzyme responsible for its elimination). Magnolia contains honokiol and magnoliol, two substances that combat stress and anxiety without causing drowsiness.
- **GABA, L-Tryptophan, L-Tyrosine and L-Glutamine:** L-Glutamine is a precursor of GABA, a neurotransmitter that helps reduce the high levels of norepinephrine that the body reaches when it is scared or anxious, causing a state of constant alert. L-Tryptophan and L-Tyrosine are necessary for the synthesis of the hormones serotonin and dopamine, responsible for feelings of happiness and states of depression.
- **Vitamin B6:** contributes to maintaining normal psychological function, and reducing tiredness and fatigue.
- Vitamin B6 contributes to maintaining normal psychological function.
- Vitamin B6 helps reduce tiredness and fatigue.

#### What are the ingredients in Alegretto from Vitobest?

**Ingredients:** dry hypericum extract ( *Hipericum perforatum* ), L-Tyrosine (Ajinomoto®), thickener (capsule): hydroxypropylmethylcellulose, dry extract of ashwagandha ( *Withania somnifera* ), dry extract of magnolia ( *Magnolia officinalis* ), L-Tryptophan, gamma acid aminobutyric acid (GABA), L-Glutamine (Ajinomoto®), ginkgo dry extract ( *Ginkgo biloba* ), magnesium stearate and pyridoxine (vitamin B6).



## Alegretto 60 Vegetable Capsules

EAN: 8436540533012

FABRICANTE: VIT.O.BEST



### Composition for 3 VegeCaps

Dried St. John's wort ( <i>Hipericum perforatum</i> )	
0.3% hypericin	450mg
L-Tyrosine (Ajinomoto®)	375mg
dried ashwagandha ( <i>Withania somnifera</i> ) ext.	
5% withanolides	240mg
dried magnolia ( <i>Magnolia officinalis</i> ) ext.	
1.5% honokiol	240mg
L-Tryptophan	150 mg
Gamma-aminobutyric acid (GABA)	135mg
L-Glutamine (Ajinomoto®)	75mg
dried ginkgo ( <i>Ginkgo biloba</i> ) ext.	
6% terpene lactones, 24% glycoside flavones	75mg
Vitamin B6 *(1714.29%)	24mg
*% Nutrient Reference Value (NRV)	

### What is the recommended daily dose of Alegretto from Vitobest?

Take 1 to 3 Vegetable Capsules a day.

