



# PISTACHIOS extract with Melatonin

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## Support sleep

Melatonin plays a pivotal role in regulating the circadian rhythm which governs our sleep-wake cycle. It's application offers significant benefits in managing various sleep-related issues, including insomnia.

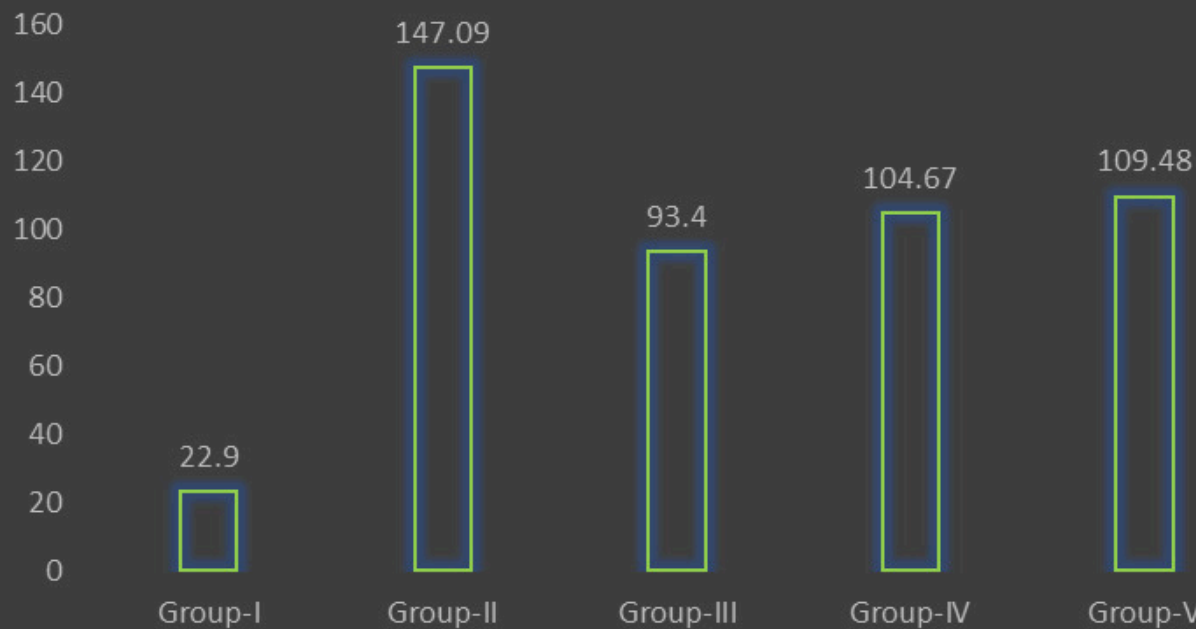
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## Pre-clinical Study

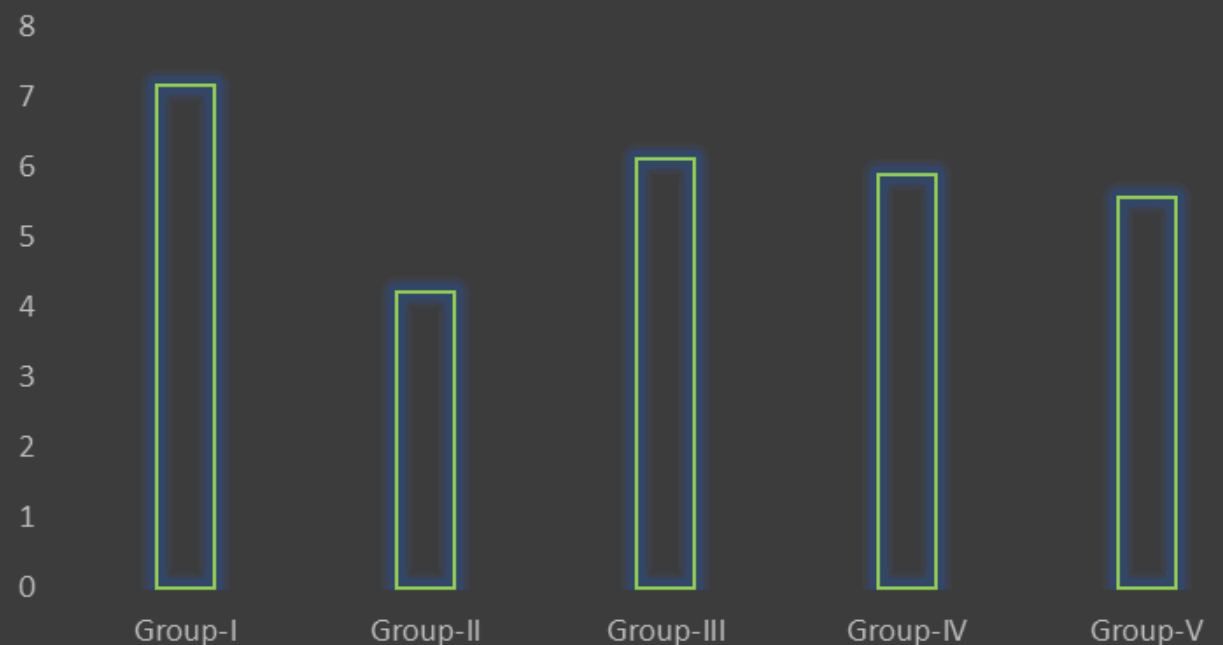
### Effect of Pistachio Extract (1% Melatonin) on Sleep in Mice

Mean Duration of sleep (Min)



- Pistachio extract 1% Melatonin at doses of 100 mg, 200 mg, and 300 mg showed dose-dependent significant activity.
- Pistachio extract (1% melatonin) exhibits sedative and hypnotic activities in mice by prolonging sleep duration and decreasing sleep latency.

Onset of sleep (Min)





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## PISTA EXTRACT STANDARDIZED TO MELATONIN

Melatonin : 1%, 3%,  
3.5% by HPLC

**Supports healthy sleep**

Pistachios contain the highest recorded melatonin content, potentially aiding in sleep improvement.



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