

# Puratin

Melatonin 4mg



Promotes  
Normal Sleep Patterns

# Puratin

DROPS

Puratin helps regulate the sleep-wake cycle, improve sleep quality, and manage sleep disorders, offering a natural solution for improving sleep quality for those struggling with it without the risk of dependency associated with some sleep medications.

Puratin drops provide an exogenous source of melatonin to mimic the body's natural sleep-inducing signals and promote deeper, more restorative sleep, leading to feeling more refreshed upon waking especially are safe for short-term use. It reduces the time required to fall for sleep, known as sleep onset latency.

Melatonin is a hormone naturally produced by the pineal gland in the brain and is influenced by the body's internal clock in response to darkness. It plays a key role in regulating the sleep-wake cycle, also known as the circadian rhythm.

In the evening, as natural light diminishes, the pineal gland secretes melatonin, signaling to the body that it's time to prepare for sleep. For individuals with sleep disorders such as insomnia or jet lag, supplementing with melatonin can help regulate their sleep-wake cycle.

## BENEFITS:

- Puratin helps regulate sleep patterns and improve the quality of daytime sleep.
- Supports faster onset of sleep.
- Puratin provides a reliable source of melatonin for restful sleep.
- Improves overall sleep quality.
- Reduces nighttime awakenings.
- Enhances sleep duration.
- Non-addictive and gentle on the body.

## COMPOSITION:

Each ml contains:

Melatonin - **4mg**

## DOSAGE:

Below 1 year	<b>3 drops</b>
Above 1 - 3 years	<b>4 drops</b>
3 years or above	<b>5 drops</b>
Adults	<b>15 drops</b>

### HEAD OFFICE

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### MANUFACTURING SITE

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