



AMERICAN PISTACHIOS

CONTAIN 660 ng/gram OF Melatonin¹ COMPARED TO:

Food	Melatonin Range (Fresh Weight and Dry Weight) ²
Fruits	0.05 – 15.00 ng/gram FW
Vegetables	0.04 – 18.15 ng/grams FW
Cereals	1.0 – 125.0 ng/grams FW
Legumes	0.5 – 10.0 ng/grams FW
Seeds	2.0 – 198 ng/grams DW



An analysis conducted by researchers at **Louisiana State University** found that

American Pistachios contain significant amounts of melatonin,

much higher than most fruits, vegetables, cereals, legumes and seeds.

1. Losso, J and Yeboah-Awudzi, M. (2019) Melatonin Content of raw and roasted pistachios. Louisiana State University.
 2. Meng, W. et al. Dietary Sources and Bioactivities of Melatonin. Nutrients, 2017