



DAY / NIGHT

FOCUS · REST · RECOVERY

FOCUS. UNWIND. OWN YOUR RHYTHM.

CONSIDERED FORMULAS FOR DAY AND EVENING

03

DISTINCT FORMULAS

Focus. Rest. Recovery.

02

NIGHTTIME FORMULAS

No added melatonin.

60

CAPSULES IN EVERY BOTTLE

30 servings · 2 capsules per serving.

DAY / PS + GUARANA



Focus + Drive

NIGHT / KSM-66



Unwind + Sleep KSM-66

NIGHT / MAGNESIUM + SAFFRON



Deep Sleep + Recovery

KNOW YOUR FORMULA.

Named ingredients. Clearly stated amounts.

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EXPLORE PUKO



Support for your daily rhythm.

Intended support* and labeled amounts per 2-capsule serving.

01 / DAY

DAYTIME FOCUS & ALERTNESS

Focus + Drive

- Alertness*: daytime wakefulness and mental energy.
- Focus*: attention during work and study.
- Cognitive support*: a PS-based daytime formula.

60

mg phosphatidylserine
(PS)

200

mg guarana
extract



60 capsules · 30 servings

Contains caffeine; the total caffeine amount is not confirmed.

02 / NIGHT

STRESS, WIND-DOWN & SLEEP

Unwind + Sleep KSM-66

- Stress response*: unwinding after everyday demands.
- Bedtime calm*: easing into a relaxed evening routine.
- Sleep support*: a formula for the transition into rest.

200

mg KSM-66
ashwagandha extract

240

mg magnesium
as glycinate chelate

150

mg lemon balm
extract



60 capsules · 30 servings

No added melatonin. KSM-66 standardized to 5% withanolides.

03 / NIGHT

SLEEP QUALITY & OVERNIGHT REST

Deep Sleep + Recovery

- Sleep quality*: a focus on restful nights.
- Overnight recovery*: support centered on nighttime rest.
- Magnesium: supports normal muscle and nerve function.

240

mg magnesium
as glycinate chelate

40

mg Montmorency
tart cherry powder

40

mg saffron
extract



60 capsules · 30 servings

No added melatonin. Magnesium + tart cherry + saffron.

DISCOVER THE PUKO RANGE.

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*Support themes describe formulation goals, not verified product outcomes.
Ingredient studies do not establish the effects of these complete formulas.
Not intended to diagnose, treat, cure or prevent disease. Results may vary.
Full ingredients and directions: see label.



EXPLORE PUKO