

NEW INTERNATIONAL TEAM NEWSLETTER

We are pleased to begin a fresh newsletter, aimed at providing you useful information about Natrol company brands, category developments, consumer trends, customer best practices, and our people.

With over 37 years of success selling vitamins, minerals, and supplements, Natrol is well positioned to be your preferred partner to grow your business and provide the best products to your consumers.

SPOTLIGHT



Andrew joined Natrol early in 2017 and is in charge of the International Division. His background includes speaking 4 languages, having lived in 8 countries, and having worked at P&G, Gillette, and Wella. Andrew is very excited about representing Natrol LLC's family of wellness brands, and working closely with our distributor partners to grow the business profitably together!

NATROL ESTABLISHES SCIENTIFIC ADVISORY BOARD



From left to right: Michelle Baron, Sr. Brand Manager, Innovation (Natrol); Martha Clare Morris, Sc. D., Professor, Department of Internal Medicine (Rush University); Michael Grandner, Ph.D., (Director, Sleep and Health Research Program, University of Arizona); Tom Zimmerman, CEO (Natrol); Helen Burgess, Ph.D., Director, Biological Rhythms Research Laboratory (Rush University); David C. Madsen, Ph.D., Consultant; Aron Barbey, Ph.D. (Director - Intelligence, Learning, and Plasticity Initiative (University of Illinois); David Hilton, Director of R&D (Natrol)

Natrol is pleased to announce the formation of a Scientific Advisory Board to help us fulfill our mission to provide innovative, scientifically-based products that empower our consumers to be the healthiest they can be.

Natrol assembled a team of five PhD's, including leading scientists in the fields of sleep and cognition, areas that are extremely important to our consumers and our ongoing business. By working directly with these researchers, Natrol will be able to leverage leading research to bring effective, innovative and scientifically sound products to market.

Natrol hosted the first Scientific Advisory Board meeting at its manufacturing facility in Chatsworth, CA. The meeting was a huge success, with many interesting ideas generated throughout the day. After touring the production plant, the board members advised Natrol on product identification and development, clinical studies and ongoing research in their respective fields. Natrol is thrilled to be working with such esteemed professionals on the leading edge of science.

COQ-10

CoQ-10, also known as CoEnzyme Q-10, is an essential component of our cells that is involved in energy production. Numerous studies have shown CoEnzyme Q-10 also plays a role in promoting cardiovascular health.†

- Promotes Energy Production†
- Supports a Healthy Nervous System†
- Also Available in 150 mg, 100 mg, 50 mg and 30 mg Capsules and Softgels†
- Helps Maintain Immune Health†
- Competitively Priced



NIACIN

Niacin, also known as Vitamin B-3, helps promote healthy cholesterol already within the normal range.†

2-Layer Tablet—releases Niacin steadily to allow for zero flush.†

LECITHIN

Lecithin, found in beans retrieved from the soya plant, offers naturally occurring phospholipids†

Natural source of choline and inositol to support memory, brain, and heart health†



† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

SCIENTIFIC & CONSUMER TRENDS

Below please find interesting educational information about vitamins, minerals, supplements and fitness. Click on the topic to access information.

Dietary / Nutrition / Supplements

- <https://www.mayoclinic.org/diseases.../heart-disease/in.../heart-healthy-diet/art-200477>
- www.clevelandheartlab.com/blog/horizons-coq10-what-are-the-heart-health-benefits/
- <https://www.umm.edu/health/medical/altmed/supplement/vitamin-b3-niacin>
- <https://www.herbwisdom.com/herb-lecithin.html>

Health & Fitness

- <https://www.healthline.com/health/heart-disease/exercise-statistics>
- www.health.com/
- <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>

For informational purposes only, Natrol is not responsible.