

PRESENTING THE INTERNATIONAL TEAM NEWSLETTER

We are pleased to introduce our Natrol International newsletter, aimed at providing you with useful information about the Natrol company brands, category developments, consumer trends, customer best practices, and our people.

With over 40 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

AN EVERYDAY HEALTH INFOGRAM

7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:



Source: American Heart Association

HEART HEALTH

WHY TAKE OMEGA SUPPLEMENTS?



Critical
Components
of Health[†]



Healthy
Cognitive
Function[†]



Cardiovascular
Support[†]



Growth &
Development[†]



Skin
Health[†]

Omega-3 fatty acids include EPA, DHA, and ALA. Omega-3 fatty acids are well regarded for their cardiovascular support benefits.[†]

Omega-6 fatty acids include linoleic acid, gamma-linoleic acid, and arachidonic acid and are important for healthy cognitive function, as well as normal growth and development.[†]

Omega-9 fatty acids are made up of several different fatty acids and aren't considered essential, but they're still important for our health, primarily with respect to cardiovascular health.[†]



OMEGA RICH FOODS

Omega-3: Fish like Salmon and Sardines, Walnuts, Flax Seeds, Chia Seeds, Hemp Seeds, Edamame, Seaweed, Algae

Omega-6: Walnuts, Sunflower Seeds, Almonds, Cashews

Omega-9: Olive Oil, Almond Oil, Avocado Oil, Walnuts, Cashews, Almonds

NOT GETTING ENOUGH OMEGAS?

Natrol offers a comprehensive line of Omega Supplements. Talk to your healthcare provider or a certified nutritionist to find the best omega supplement for you.



OMEGA-3 FISH OIL

Give yourself the benefits of “good fats” with Natrol® Omega-3. With 1,000 mg of healthy, purified fish oil, you can provide your body with a healthy balance of the nutrients your body needs to support eye, heart and bone health.†

OMEGA 3-6-9 COMPLEX



Natrol® Omega 3-6-9 Complex provides a potent blend of Omega 3, Omega 6 and Omega 9 complex fatty acids needed for metabolic regulation and structural support.†



EXTREME OMEGA

Natrol® Extreme Omega with fish oil is a combination of highly concentrated essential fatty acids EPA and DHA that provide your body with a balance of the nutrients it needs to support heart, brain and eye health. Natrol Extreme Omega contains an impressive 646 mg EPA and 430 mg DHA per daily servings.†

† 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 Fish, Fish Nutrients, and Immune Function: A Review](#)

[Mediterranean diet: The role of long-chain 3 fatty acids in fish](#)

For informational purposes only, Natrol is not responsible for the contents in these links.

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