

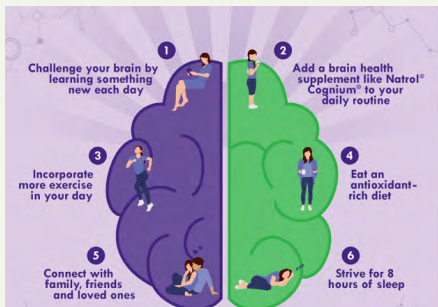
PRESENTING THE INTERNATIONAL TEAM NEWSLETTER

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

6 WAYS TO BOOST EVERYDAY BRAIN HEALTH



Sources:

1. "US Seniors And Health Market Report," Mintel, September 2016
2. "Marketing to Baby Boomers – US," Mintel, July 2016

NATROL LLC NEW CEO ANNOUNCEMENT

The beginning of 2021 ushered in a new chapter for Natrol LLC. In January, we began a partnership with Jarrow Formulas – a watershed moment for our business that will see two industry leading brands integrate to build a world class Vitamins/Supplements organization with best-in-class talent and capabilities.



Ojesh Bhalla, CEO Natrol LLC

With this new partnership, Ojesh Bhalla was named CEO of the combined business and we as a team are focused on a vision that is only possible with the combined energy of two powerful brands.

That vision - to create a leading wellness platform that offers scientifically-backed, high-quality, and consumer-preferred dietary supplements that help consumers lead healthier, happier lives – is inspiring to us personally and rewarding to our consumers. Our brands, backed by scientific research and underpinned by world-class manufacturing and distribution, are motivated by one overarching purpose – to create the best end-to-end consumer experience.

NATROL®



Natrol® Cognium®

Natrol® Cognium® keeps your mind sharp and your memory strong. It features the #1 most studied ingredient for memory among leading brain health supplements. In fact, multiple clinical studies have shown statistically significant improvements in memory and recall in healthy adults, in as little as four weeks.†

Cognium is powered by a silk protein hydrolysate, which is found in the threads of silkworm cocoons. A brain imaging study indicates that it energizes the brain by increasing blood flow and glucose uptake in the brain's centers for learning and memory (results were based on 200 mg taken twice daily). An in vitro study suggests that Cognium additionally acts like an antioxidant for the brain, shielding it from free radicals and oxidative stress that help age the brain. Cognium is safe and stimulant free.†



- #1 most clinically studied ingredient for memory among leading brain health supplements
- Clinically shown to improve memory and recall in healthy adults†
- Safe and stimulant free
- Results in as little as 4 weeks

Support your brain with Cognium, the smart choice in brain 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.

[Food supplements may improve brain health among young children](#)

[Best ways to help your memory](#)

[Effect of a Fibroin Enzymatic Hydrolysate on Memory Improvement](#)

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

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