

International Insights

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 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



Leonard Matyas joined Natrol LLC almost a year ago as Warehouse, Logistics, and IT Senior Manager. Leonard has extensive experience in streamlining warehouse operations, reducing transportation and labor costs as well as automating where possible to improve overall operations. He is very customer centric and works closely with Customer Care to ensure OTIF with all of our clients. A firm believer in using contractors to get the job done. He is very bottom-line driven and emphasizes coaching those that work with him to bring out the best in his team. Mission – as the ‘elder statesman’ “focused on seeing Natrol become a billion-dollar operation.”

THE #1 BRAND OF MELATONIN IS NOW AVAILABLE FOR KIDS!



A kid-friendly dose
in two kid-friendly
forms!

No pill swallowing



Fast Dissolve Tablets

- 1 mg per tablet – Strawberry flavor
- 100% Drug-free
- Non-GMO, Vegetarian, Sugar-free
- Childproof cap
- Suitable for ages 4+
- Visually distinct from adult tablet

Gummies

- 1 mg per gummy – Berry flavor
- 100% Drug-free
- Non-GMO, Vegan, Gluten-free
- Childproof cap
- Suitable for ages 4+

Soothe your child to sleep safely and effectively with Natrol® Kids Melatonin Gummies & Natrol® Kids Melatonin Fast Dissolve. Formulated with a gentle 1mg dose of melatonin, it helps them fall asleep faster and stay asleep longer.† It is 100% drug free and non-habit forming, vegan, and is free of GMOs, gluten, gelatin, artificial flavors, colors, sweeteners and preservatives. We know it can be tough when our children experience those occasional sleeplessness nights and you can feel confident that Natrol, the #1 melatonin brand, can help your child get the sleep they need.

SLEEP HYGIENE FOR CHILDREN

- Set a bedtime: Going to bed and waking up at the same time every day can train your child's internal clock, making it easier to fall asleep and wake up around the same time.
- Limit technology use before bed: Electronic devices like TVs and phones emit light that disrupts melatonin production. Preventing children from using them one to two hours before bed may help them fall asleep faster.
- Help them relax: Excessive stress can promote alertness, so helping your child relax before bed may allow them to fall asleep faster.
- Create a bedtime routine: Routines are great for younger children as it helps them relax so their body knows it's time to head to bed.
- Keep temperatures cool: Some kids find it hard to get a good night's sleep when they're too warm. Standard or slightly cool room temperatures are ideal.
- Get plenty of sunlight and exercise during the day: Getting plenty of outdoor playtime and sunlight during the day can help kids with sleep issues fall asleep faster and stay asleep longer.
- Take a bath close to bedtime: Taking a bath around 90–120 minutes before bed can help your child relax and achieve deeper and better sleep quality.

OTHER NATROL MELATONIN PRODUCTS:



Melatonin
10mg
Gummies



Melatonin
5mg
Fast Dissolve



Liquid Melatonin
10mg
2oz

† 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.

[Drugstore sleep aids may bring more risks than benefits](#)

[Melatonin: In Depth](#)

[Is Melatonin Safe for Kids? A Look at the Evidence](#)

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

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