

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 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

NATROL

5 WAYS SLEEP IMPACTS OUR BRAINS & OVERALL HEALTH

Seven hours of quality sleep can...

- Reduce Your Risk of Disease
- Regulate Your Hunger Hormones
- Make You More Productive
- Keep Your Brain Sharp
- Reduce Anxiety

INTRODUCING NATROL SLEEP+ GUMMIES

New Natrol Sleep+ are powerful sleep blends for restful and revitalizing sleep.† Plus up your sleep with these great-tasting gummies.

WHAT SLEEP + DOES FOR YOU



	SLEEP+ IMMUNE HEALTH	SLEEP+ CALM	SLEEP+ BEAUTY
Primary Benefit	Fall asleep faster + stay asleep longer†	Fall asleep faster + stay asleep longer†	Fall asleep faster + stay asleep longer†
Additional Benefits	Get revitalizing sleep that's essential for a healthy immune system†	Calm your active mind and ease into sleep†	Wake up looking refreshed & renewed†
Ingredients	Melatonin + Elderberry + Vitamin C + Vitamin D + Zinc	Melatonin + L-Theanine + Chamomile + Lavender + Lemon Balm	Melatonin + Biotin + Vitamin E
Natural Flavor	Berry	Strawberry	Raspberry

- No Corn Syrup
- Non-GMO
- No Artificial Flavors, Sweeteners, Preservatives
- No Synthetic Dyes
- Vegetarian & Gelatin Free

Natrol® Kids Sleep+



Natrol Kids Sleep+ Immune Health Gummies offer a powerful blend of Melatonin, Elderberry, Vitamins C & D and Zinc to support your children's immune health and provide them a restful night's sleep.†

- Better sleep with gentle Melatonin formulation†
- Antioxidant support with Elderberry†
- Immune health support with Vitamin C, D, Zinc†

Plus up your sleep. Natrol Sleep+ products provide a range of solutions for restful and refreshing sleep†. From the #1 drug-free sleep aid brand, ^ Sleep+ is 100% drug free and non-habit forming. The Kids Melatonin product is Pediatrician recommended, and safe & effective for ages 4+.



Natrol Kids Sleep+ Calm Gummies offer a powerful blend of Melatonin, L-Theanine, Chamomile, Lavender, and Lemon Balm to help calm an active mind before bedtime and ease your child to sleep.†

- Better sleep with gentle Melatonin formulation†
- Calming combination of L-Theanine and Melatonin†
- Botanical blend of Chamomile, Lavender, and Lemon Balm†

Plus up your sleep. Natrol Sleep+ products provide a range of solutions for restful and revitalizing sleep.† From the #1 drug-free sleep aid brand, ^ Sleep+ is 100% drug free and non-habit forming. The Kids Melatonin product is Pediatrician recommended and safe + effective for ages 4+.

These great tasting gummies are:

- Non-GMO • Vegetarian & gelatin free • No synthetic dyes • No artificial flavors, sweeteners or preservatives

† 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.

[11 Surprising Health Benefits of Sleep](#)

[The Extraordinary Importance of Sleep](#)

[NIOSH Training for Nurses on Shift Work and Long Work Hours](#)

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

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