

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



We are pleased to introduce Violet Valdovinos, Natrol Microbiologist. Violet has over 6 years of experience in the Quality and Food Industry Field. Violet has worked with several auditing firms, and is keenly aware that strong Quality processes are essential for delivering products that live up to consumer expectations. Natrol is a high-quality manufacturer of supplements, and having strong internal processes ensures the end user receives highest quality product.

LACI LE BEAU® SUPER DIETER'S TEA®



Laci Le Beau® Super Dieter's Tea® is an all-natural, caffeine-free way to help support your weight-loss efforts. These deliciously flavorful teas include the all-natural herb Senna, which provides natural relief for symptoms of occasional constipation, promotes digestive regularity and helps support your weight loss efforts.

All natural and caffeine free, this herbal tea also helps eliminate your body's impurities. Laci Le Beau Super Dieter's Teas, are made from a blend of nature's finest botanicals and all-natural ingredients.

What Is Senna Tea?

Botanical name: *Cassia angustifolia* or *Cassia senna*
Native origin: Northern Africa, the Middle East and India



Senna tea is derived from the leaves of Cassia plants, which comprise more than 250 different species. Senna has been traditionally used as a laxative as well as to clear the bowels before tests such as colonoscopy. The senna plants are small shrubs that bear yellow or green leaflets; these can be cultivated and dried to make senna tea. The two most popular senna leaf varieties are *Cassia angustifolia* and *Cassia accutifolia*, which are exported around the world due to their unique health effects.

NATROL®

High quality vitamins, minerals and supplements you can trust.

WOMEN'S HEALTH PRODUCTS

SOY ISOFLAVONES

Natrol® Soy Isoflavones is a women's dietary supplement designed to help provide menopause relief by reducing hot flashes and night sweats.†

Soy Isoflavones help provide relief for women who are experiencing a hormonal change and support bone health. Natrol® Soy Isoflavones is made from non-GMO soy.†



MULTIPLE FOR WOMEN

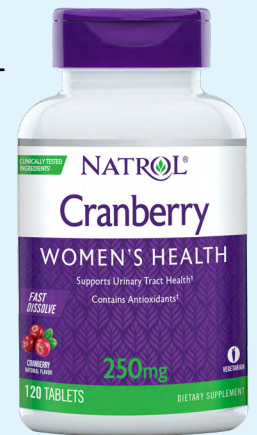
Natrol® Women's Multiple Vitamins are a specially designed, full-spectrum multi vitamin with over 20 Vitamins & Minerals. Natrol Women's Multi vitamins also feature Antioxidants and Essential Nutrients. Taking care of yourself is the foundation of good health. Natrol Women's Multi has the vitamins and minerals you need for a healthy today plus additional ingredients for a healthy tomorrow.†



Cranberry

Natrol® Cranberry Fast Dissolve features CranMax®! All the benefits of Cranberries in a form that will dissolve completely on your tongue and be swallowed without liquids!

CranMax® is a cranberry (Vaccinium Macrocarpon) based active ingredient which is clinically proven to help reduce the occurrence of bladder infection or urinary tract infections (UTIs) among women experiencing recurrent UTIs. Urinary tract infections (UTIs) are considered to affect at least one woman in five, with most affected woman having recurrent cases.†

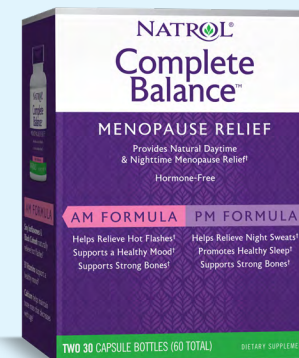


COMPLETE BALANCE

Hot flashes and mood swings can not only ruin your day but also disrupt the good night's sleep that the body needs to handle menopausal changes. Natrol Complete

Balance® contains a special blend of vitamins, minerals and herbal ingredients designed to work separately, as an AM and PM formula, to address a range of symptoms.†

Natrol® Complete Balance® for Menopause AM/PM is infused with soy, calcium, black cohosh and vitamins. A targeted formula, it may help reduce hot flashes, night sweats, mood swings and other symptoms of menopause. In addition, it may also support the balance of hormones in pre-menopausal women.†



† 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.

[Women's Health](#)

[Senna: Uses, Side Effects, Interactions, Dosage, and Warnings](#)

[23 Essential Health Tips from Dr. Oz](#)

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

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