

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



Nick Rogers is the Senior Process engineer at Natrol, LLC., heading up powder formulations and technical powder operations. With over 10 years of formulation experience developing and producing flavored powder products, Nick works closely with the R&D and marketing teams to create new and innovative evidenced-based products. We are very excited to work with dynamic employees like Nick, to build a culture of quality and value within Natrol.

BENEFITS OF OMEGA-3

The benefits of the Omega-3 nutrient go beyond cardiovascular health, providing support for perinatal health, inflammation, and cognitive function. Ideally people should strive to eat a diet high in fatty fish, such as salmon and sardines, in order to obtain omega-3 fatty acids. If you do not eat fatty fish on a regular basis, supplementing with omega-3s, along with eating a healthy diet and exercising, is a viable option for maintaining a healthy heart and other benefits the omega-3 supplements can provide.

Omega-3 fatty acids offer a wide array of health benefits:

- Supports cognitive function and eye health
- Lowering high triglycerides and reducing inflammation
- Immune system function
- Cardiovascular health
- Helps mitigate mental deterioration

According to research conducted at Harvard University, omega-3 fatty acid deficiency is officially one of the top 10 causes of death in America, claiming the lives of up to 96,000 people each year. Out of the 12 dietary, lifestyle and metabolic risk factors examined in the study, omega-3 fatty acid deficiency ranked as the sixth highest killer of Americans. These deaths are considered preventable since getting enough omega 3-fatty acids in your diet can ward off this now common cause of death.

Omega-3s from Animal vs. Plant Sources

- Fish Oils provide two Omega-3 fatty acids: Docosahexaenoic acid (DHA) and Eicosapentaenoic acid (EPA), which help mitigate inflammation, lower blood pressure, and facilitate brain function
- Krill oil provides DHA, EPA and astaxanthin, a powerful antioxidant
- Flaxseed oil provides a different omega-3 fatty acid: Alpha-linolenic acid (ALA), which helps blood oxygenation, elimination of toxins, healthy gut environment, and cholesterol reduction

NATROL®

High quality vitamins, minerals
and supplements you can trust.

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. A natural source of EPA and DHA, Natrol® Omega-3 can help you achieve optimum health when added to your daily regimen.†



FLAXSEED OIL

A natural source of Alpha Linolenic Acid, an Omega-3 fatty acid. Helps blood oxygenation, elimination of toxins, healthy gut environment, and cholesterol reduction. Plant Source of Omega-3 Fatty Acids.†



ODORLESS KRILL OIL

Natrol® Odorless Krill Oil contains omega-3 fatty acids that are best utilized by your body because they are in phospholipid form. Since the cell membranes in your body are made of phospholipids, this allows the Natrol® Odorless Krill Oil fatty acids to be better absorbed in the cells. Natrol® Odorless Krill Oil ensures optimal delivery of key fatty acids to various parts of the human body such as the brain, heart and joints, for improved health.†

COQ-10

As we age, our body's natural production of CoQ-10 slows down, making it harder to convert fats and sugars into energy. Natrol® CoQ-10 is a natural supplement and antioxidant that helps cells work more efficiently in the heart and throughout the body.†



† 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/Nutrition/Supplements

[Omega-3 Supplements In Depth NCCIH](#)

[Omega-3 in fish How eating fish helps your heart - Mayo Clinic](#)

Health & Fitness

[6 Supplements You Need For Explosive Growth This Summer](#)

[List of the Best Healthy Foods and Drinks to Have](#)

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