

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



- Exercise including walking your dog, trying a yoga class, swimming or riding a bike can help you cope with stress.
- At least 7 hours of consistent sleep each night is extremely important to reducing stress.
- Eating a nutritious diet filled with lean meats, vegetables, and fruits helps reduce stress.
- Drinking lots of water helps reduce stress.
- Supplements for stress and anxiety reduction may help mitigate the effects of stress.
- Reducing daily caffeine intake can help reduce stress.

INTRODUCING NATROL® RELAXIA™

We are excited to announce NEW Natrol Relaxia a drug-free, non-habit-forming solution for combatting occasional stress and anxiety†. Natrol Relaxia can help you maintain a positive outlook. With clinically tested blend of calming herbals – Ashwaganda, L-Theanine, 5-HTP and Lemon Balm.



- **Ashwagandha** – Supports the body's ability to resist the effects of everyday stress†
- **5-HTP** – Supports serotonin, which helps enhance mood†
- **L-Theanine** – Ensures relaxation without drowsiness†
- **Lemon Balm** – Helps restore a sense of calm and balance†

WHAT MAKES NATROL RELAXIA SO EFFECTIVE?

It's all in the formula. The 100% drug-free blend of calming herbals.

<p>Ashwagandha supports the body's ability to resist the effects of everyday stress†</p>	<p>L-Theanine ensures relaxation without drowsiness†</p>
<p>5-HTP supports serotonin, which helps enhance mood†</p>	<p>Lemon Balm helps restore a sense of calm and balance†</p>

Research has suggested that various supplements — including vitamins, omega-3 fatty acids, and herbal remedies — may help relieve the symptoms of anxiety. Anxiety can come in many forms. It can cause worry, unease, fear, or panic. According to the Anxiety and Depression Association of America, generalized anxiety disorder (GAD) affects around 6.8 million adults. Other anxiety disorders include panic disorders and phobias. The treatment options for anxiety disorders include therapy, medication, or a combination of both. Some natural supplements could also help with everyday anxiety.†



RELAXIA™ DAY CALM

Natrol® Relaxia™ Day Calm is a fast acting gummy for daytime stress relief. This delicious gummy soothes daily stress and tension and promotes feeling of calm.†



RELAXIA™ ULTIMATE CALM

Natrol® Relaxia™ Ultimate Calm is a 100% drug-free way to reduce occasional stress, anxiety, and tension. It is specially formulated with a blend of herbals that help you feel calm and balanced throughout the day.†

RELAXIA™ NIGHT CALM

Natrol® Relaxia™ Night Calm is a fast-acting gummy to relax the mind and help you fall asleep. Natrol Relaxia Night Calm Gummies are non-GMO, gelatin-free, and vegetarian.†



† 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.

[Effects of l-theanine on attention and reaction time response](#)

[Lemon Balm Overview](#)

[5-Hydroxytryptophan \(5-HTP\) for Anxiety](#)

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