

## 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

### 5 WAYS TO STRENGTHEN YOUR IMMUNE SYSTEM NATURALLY



- 1 DRINKING PLENTY OF WATER**  
Water helps to carry oxygen to your body cells, which results in properly functioning systems.
- 2 DON'T SMOKE AND LIMIT ALCOHOL**  
Smoking and alcohol consumption is bad news for the body but they can be particularly harmful to your immune system as well.
- 3 GOOD DIET**   
Your immune system is also directly affected by the food you eat.
- 4 GOOD SLEEP**  
Proper rest and sound sleep can perform miracles on your mind and body.
- 5 EXERCISE REGULARLY**  
Exercise and physical activities are good stress busters. They are significant contributors to building better immunity.

## NATROL IMMUNE HEALTH PRODUCT LINE

We are excited to announce the upcoming launch of Natrol Elderberry Gummies and Natrol Immune-Biotic Stick Packs. Natrol is proud to offer you new product solutions, so that you can have a stronger and healthier immune system. A healthy immune system gives the body what it needs to fight off the daily challenges to one's health!



### Natrol Elderberry Gummies – A Delicious Way to Support Your Immune Health

- Supports Immune Health
- With Vitamin C & Zinc
- Great tasting premium gummies
- 100mg elderberry fruit extract per serving
- 90 mg of vitamin C per serving
- 7.5 mg of zinc per serving

### Immune-Biotic – A convenient way to boost your immune system at home or on-the-go

- Supports the body's natural immunity
- Supports digestive health
- 1 Billion CFUs
- Prebiotic + Probiotic stick formulated with clinically supported *Bacillus subtilis* DE111
- Great tasting orange flavor in convenient quick dissolve packet
- Pour contents of stick directly onto tongue and enjoy – No water needed



High quality vitamins, minerals  
and supplements you can trust.

## SUPPORT YOUR IMMUNE HEALTH†

Natrol® is proud to offer a portfolio of high-quality products to help better manage your immune health.

Sound immune health has taken on new meaning for consumers around the world, as the best line of defense against the COVID-19 virus.

Lack of vaccines or effective medicines mean those who contract COVID may become very ill, may recover with life-long damage to certain organs, or death.

Since 70% of the human autoimmune system is resident in the gut, Natrol® is introducing an expanded powerful assortment of Immune Health products, which may help consumers in your country enjoy better gut health as a way to help themselves in the face of this pandemic.



**Immune Boost** - Natrol's Immune Boost Formula supports a strong immune system using the clinically tested super food EpiCor® in combination with High (60%) potency immune supporting supplements Vitamin C, Vitamin D3, Selenium and Zinc. EpiCor® is a fermented immune promoting yeast complex – a Super Food for immune health. EpiCor has been the subject of several clinical studies that shows it promotes immune function.

**High (60%) Absorption Zinc** - Supports a healthy immune system and utilizes AbsorbSmart™ technology to bring you chelated Zinc with up to 20x greater absorption.† Chelated Zinc is a unique form of Zinc manufactured using a patented technology that helps increase its absorbability by your digestive system. Naturally flavored in a delicious chewable tablet.†

**Quercetin Complex** - Natrol's Quercetin Complex is specially designed to give powerful support to your immune system health by combining the powerful antioxidants Vitamin C and Quercetin with a citrus Bioflavonoid complex.†

**Vitamin D3** - Vitamin D is needed in almost every cell of the body and is responsible for calcium absorption, bone and teeth health as well as being vitally important for immune function.†

**EASY-C®** - Natrol® Easy-C® is a high potency antioxidant vitamin C supplement. Our easy-on-the-stomach formula with Esterified Vitamin C supports your immune health by providing free radical protection that keeps your body in fighting form.† Available in tablet and capsule form.

† 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 supplement use increased during the pandemic, says new CRN consumer survey](#)

[Black elderberry \(Sambucus nigra\) supplementation effectively treats upper respiratory symptoms](#)

[How Vitamin C Supports a Healthy Immune System](#)

[Quercetin, Inflammation and Immunity](#)

[Zinc 'keeps immune system in check'](#)

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

## NATROL SOCIAL MEDIA

Follow us, Like us, Share us!

<https://www.facebook.com/natrol>

<https://www.instagram.com/natrolofficial/>

<https://twitter.com/natrol>

<https://www.pinterest.com/natrolpinterest/>



Laci Le Beau®

NUHAIR®

shen MIN®  
HAIR REGROWTH