

**(U.S. product)**

**Article No. 02266 (30-day supply)**

Healthy joints and connective tissues are vitally important to one's well-being. Unhealthy, malfunctioning joints and tissues result in sore and stiff joints, which can keep one from exercising or simply enjoying life.

Watkins Linimax™ provides nutritional support for optimum functioning of joints, tendons and ligaments.\* Contains natural compounds found to help support healthy connective tissues—no shark cartilage.\* Use Watkins Liniment to relieve soreness and stiffness on the outside; use Linimax™ to soothe from the inside!\* 60 caplets; two per day.



- **Glucosamine:** A natural compound that has been studied extensively for its ability to improve joint function. Glucosamine is the fundamental building block of cartilage, tendon, ligament and other connective tissues. European studies on glucosamine found it to be unsurpassed in promoting joint health, for which this natural product is actually prescribed as a drug in Germany.\*
- **Glucosamine Hydrochloride:** Most glucosamine supplements use glucosamine sulfate, which is only 74% pure because it must be stabilized with a salt; Watkins uses glucosamine hydrochloride, a highly stable compound with a purity of 99%. Based on this purity and on the relative molecular weights of the compounds, glucosamine hydrochloride delivers 81.3% active glucosamine, while the sulfate supplies only 47.8%. The result is that 1,500 mg of glucosamine hydrochloride does the work of 2,608 mg of the sulfate.
- **Boswellia Extract:** An herb extract which helps to fight the body's production of pain-causing leukotrienes, compounds which are released as a result of inflammation.\*
- **Curcumin:** A bio-active compound derived from turmeric, a spice found in Watkins Curry Powder. Like Boswellia, this substance helps inhibit leukotrienes which cause pain.\*
- **Whole Grape Extract:** Contains powerful antioxidants from grape seeds and skins. These compounds help fight free radical damage that can lead to accelerated joint wear and tear.\*
- **Watkins Bio-Activator™ Blend (Black Pepper and Ginger):** Scientific studies strongly suggest that black pepper and ginger may help to protect and maximize the potency of vitamins and nutrients in the body.\*

**Supplement Facts**

Serving Size 1 Caplet

	Amount Per Serving	%DV
Glucosamine hydrochloride	375 mg	†
Boswellia gum-resin standardized extract (40% boswellic acids) (Boswellia serrata)	75 mg	†
Curcumin-92% (turmeric rhizome)	75 mg	†
Whole grape extract (30% anthocyanins and proanthocyanidins) (fruit)	25 mg	†
Watkins Bio-Activator™ Blend	12.5 mg	†
Black pepper fruit, ginger root, cellulase plant enzyme		

†Daily value (DV) not established

Other ingredients: Dibasic calcium phosphate, microcrystalline cellulose, cellulose gum, stearic acid, silicon dioxide, magnesium stearate, pharmaceutical glaze

Directions: For adults: Take 1 to 2 caplets twice daily with meals.

**Please note change in US label:** Due to US government regulations, the label for Linimax now lists the amount of the ingredient that is taken at one time (one caplet) rather than the amount of the daily dose, as was previously listed. The product has not changed, but you will see a difference in the amount of the ingredient listed on the label. To calculate the amount of the ingredient in a daily dose, multiply the amount of the ingredient listed on the label, by the number of caplets taken per day. For example, the amount of glucosamine is listed as 375 mg. Since the instructions are to take 1 to 2 caplets twice daily, the daily dose is 2 to 4 caplets. Therefore multiply 375 x 2, which equals 750 mg of glucosamine in a daily dose of 1 caplet taken twice daily, or multiply 375 x 4 which equals 1,500 mg of glucosamine in a daily dose of 2 caplets taken twice daily.

*\*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.*

**Testimonials—**

*These are personal testimonials. Individual results may vary.  
Consult your physician before taking any dietary supplements.*

“I’ve had joint aches and pains for over 20 years and was taking daily doses of pain relievers. After taking Watkins Linimax™, the pain is gone, and I no longer have to take pain relievers. I’ll use Linimax™ forever!”

—**Fran Daisey, New Jersey**

“You cannot imagine how taking Watkins Linimax™ has changed my life. I had been suffering from osteoarthritis, and the pain, stiffness and mobility problems had been increasing for several years. At the time it was necessary to use a cane. I had been taking medications and glucosamine products from other companies, which provided minimal relief at best. When I became a Watkins Associate and changed to Linimax™, the transformation was incredible! I am virtually pain-free and walk at a fast pace at least 2 miles every other day. Thank you, Watkins!”

—**Norma Frampton, New York**

“Watkins Linimax™ has changed my life. It used to be a real effort and challenge to get out of bed in the morning, and if I sat on a chair for a half hour or so my joints would be very sore and stiff. After taking Linimax™, I can practically do cartwheels after I “jump” out of bed. No more pain! It’s such a passion with me I actually get tears in my eyes when I tell people my story of how it has changed my life. Thanks, Watkins, for such a wonderful product and the opportunity to share it with others!”

—**Ruby Kiihn, Minnesota**

“My daughter and I have both had great results from using Watkins Linimax™: My rheumatologist stopped the NSAIDs, as the results from using Linimax™ were much better, and my daughter was told by a new neurologist that she had the beginning of Fibromyalgia and to take “Linimax™.” This doctor had no idea I was a Watkins Associate, but I guess news travels fast when something really works.”

—**Charlene Forde, Minnesota**

“I have fibromyalgia, and since using Watkins Linimax™, it has helped me function almost normally again. It has reduced my muscle pain, fatigue, and the flair ups don’t come as often. I don’t plan on ever living without Linimax™.”

—**Rebecca Metcalf, Michigan**

“I have been suffering with pain in my hips for years and had been seeing a chiropractor with no relief. I started taking Linimax™ and didn’t even realize my pain was gone until I ran out of Linimax™ for a couple of days and the pain came right back. Thanks, Watkins, for a good night’s sleep.”

—**Nancy Chevalier, Wisconsin**