

Chronic Fatigue Syndrome

Cause: Specific cause is unknown, but impaired immune response may play a role. Some speculate it may be triggered by a virus.

What May Help: Watkins Superfood Multiple (Super Multi), Watkins Resist Plus (if an autoimmune disorder is not present)

Why: Contain immune-boosting ingredients for helping to restore the immune system.

What May Help: Watkins E+CoQ10

Why: CoQ10, found naturally in the body, is the spark of energy for every cell in the body, and is often low in those experiencing chronic fatigue syndrome. Supplementation has been shown to relieve symptoms of chronic fatigue in some individuals. The vitamin E, selenium and hawthorn in Watkins E+CoQ10 help to improve circulation and protect from further damage.

What May Help: Watkins Mood Plus (Balance Plus)

Why: Ingredients such as griffonia simplicifolia (5-HTP) and passionflower help to improve sleep, and rhodiola rosea root helps to improve daytime energy and ease symptoms of daytime sleepiness.

What May Help: Watkins Aloe Vera Juice or Gel Capsules

Why: Aids in digestive and intestinal concerns. Contains natural substances that may help to control pain and swelling.

What May Help: Watkins Balanced Ginseng

Why: Panax ginseng is noted for its ability to enhance energy and is also used to combat fatigue and anxiety.

What May Help: Watkins Inner Cleanse/Restore (Internal Spa)

Why: Many symptoms attributed to stress and exhaustion may be associated with a build-up of toxins in the body. Helps to rid the body of toxins and restore intestinal flora.



Testimonials—

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

“My son, Paul, had been diagnosed with Chronic Fatigue Syndrome. Within 2 weeks of taking **Watkins Mood Plus (Balance Plus)**, he noticed an improvement in his health. He no longer came home from the university to take a nap, only to awaken feeling groggy and unable to concentrate on his studies. His quality of sleep improved and his ability to concentrate was noticeable. He no longer felt anxious and stressed at exam time. Life has improved for Paul thanks to Mood Plus (Balance Plus). Watkins has helped Paul like nobody in the medical profession could.”

— Lee Baxevanidis, British Columbia

“Having suffered from fibromyalgia and chronic fatigue syndrome for over a decade, I have spent thousands of dollars looking for answers, but did not find any relief until I began taking Watkins Dietary Supplements. My daily supplement regimen includes **Watkins Linimax™** for the pain, **Resist Plus** for my immune system, **Aloe Vera Juice** for digestion, **Garlic Oil Softgels** and **E+CoQ10** for my heart, and **Superfood Multiple (Super Multi)** and **Fruit/Veggie Complex (Watkins Harvest)** to maintain overall health. Before I started taking Watkins Dietary Supplements, I could hardly get through the day. Now, although I still have many difficult days, I am able to tolerate the pain and can function better than I ever have since being diagnosed with fibromyalgia and chronic fatigue. Watkins Dietary Supplements are truly a lifesaver for me!”

— Cheryl Young, British Columbia

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