

Cold Sores

Cause: Generally caused by herpes simplex type 1 virus, which often lies dormant, but appears to be triggered when the immune system is depressed by fever or infection. It can also be triggered by fatigue, stress or exposure to sun and wind.

What May Help: Watkins Resist Plus, Superfood Multiple (Super Multi)

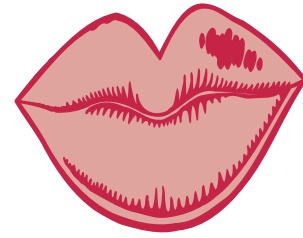
Why: Provide antioxidants and immune-boosters.

What May Help: Watkins Aloe Vera Juice and Gel Capsules

Why: Aloe vera accelerates healing and reduces pain associated with cold sores and blisters on the lips and mouth.

What May Help: Watkins Petro-Carbo Salve

Why: Depresses pain perception and is used for its antiseptic properties.



Helpful Hint: The amino acid, lysine, available over the counter at most pharmacies, suppresses growth of the virus and may help prevent cold sores from forming.

Testimonial—

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

"I've been using **Watkins Petro-Carbo Salve** for cold sores for several years.¹ I have gone from having outbreaks monthly and sometimes more often, to two outbreaks for the entire year last year, and no outbreaks this year. Before I started using Watkins Petro-Carbo Salve, my doctor had given me a prescription for a salve that cost \$85, and it did nothing for me. Watkins Petro-Carbo Salve is the most soothing, healing and economical salve I have ever used. I'm so thankful to Watkins, and I have been telling everyone about your salve!"

— Leo Wilson, Washington

¹ Watkins Petro-Carbo Salve is for external use only. Do not put on inside of mouth.

Aloe Vera: New Remedy for Oral Health Problems

New reports published in the January/February issue of *General Dentistry* show that the aloe vera plant, used to heal skin for more than 2,000 years, can also treat many oral health problems, including canker sores, cold sores, herpes simplex type 1 virus, lichen planus, and gum disease such as gingivitis. Researchers suggest that aloe vera accelerates healing and reduces pain associated with canker sores and blisters on the lips and mouth and could be a very inexpensive alternative remedy.

Author Richard L. Wynn discusses a study done on a patient with lichen planus, a disease affecting the skin and oral mucus membranes. The patient drank 2 ounces of aloe vera juice daily and topically applied aloe vera to the lips. The oral lesions cleared up in four weeks and complete success was achieved. Dr. Wynn cited the study as showing that oral health problems can be treated with aloe vera. "Aloe Vera can be taken both as the aloe vera juice and aloe vera gel. These are the two modes of delivery recognized by the FDA," said Dr. Wynn.

Watkins Aloe Vera Juice is 99.7% pure, cold-processed and stabilized, and Watkins Aloe Vera Gel Capsules contain concentrate equal to one teaspoon of pure gel. The recommended use is 2 to 6 ounces of juice or one gel capsule per day. For the greatest benefits, drink at least 2 ounces of Watkins Aloe Vera Juice daily, and when symptoms appear, place a clean, sterile pin through the end of the gel capsule or cut open a gel capsule with clean, sterile scissors or a knife, and squeeze the aloe onto the sore to speed healing.

Consult your physician before taking any dietary supplements.

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. In Canada, this information is provided for educational purposes only. No claims are being made for any product.

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