

## Weight Management

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**Cause:** Inactivity, poor eating habits, stress, age, hormonal changes, medications and metabolic or physiological abnormalities are some of the possible causes of weight gain.

**What May Help: Watkins TheraTrim™ (WMS #1)**

**Why:** Helps to increase metabolism and fat burning; reduces appetite.

**What May Help: Watkins Reduce Plus (WMS #2)**

**Why:** Helps to reduce appetite and cravings, promotes fat-burning, helps to balance blood sugar.

**What May Help: Watkins Superfood Multiple (Super Multi)**

**Why:** B-vitamins, chromium, calcium and other nutrients to support metabolism.

**What May Help: Watkins E+CoQ10**

**Why:** CoQ10 found naturally in the body is the spark of energy for every cell in the body. Levels decline with age, slowing down all metabolic processes, contributing to lower energy levels and increased weight.

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

**Why:** Helps to remove waste and toxins that can lead to weight problems.

**What May Help: Watkins Energy Bars**

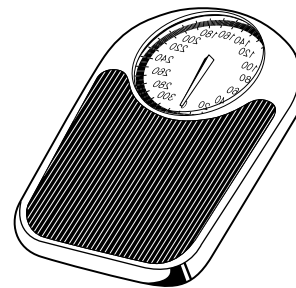
**Why:** Helps to control cravings and enhance energy levels.

**What May Help: Watkins Mint & Lemongrass TheraTea®**

**Why:** May help to reduce appetite when consumed prior to, or with a meal.

**What May Help: Watkins SoyNilla® (US)**

**Why:** Soy protein and FiberAid® support weight control efforts.



### **Testimonials—**

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

"After taking **Watkins TheraTrim™**, **Superfood Multiple** and **SoyNilla®** on a regular basis, I am happy to report that I've lost 55 pounds and have gone from a size 14 to a size 7. So many people have commented on how much weight and inches I've lost. I couldn't be more pleased with Watkins Weight Management System."

— Ruth Haley, Michigan

"I was amazed at the noticeable results from **Watkins TheraTrim™ Duo (WMS Duo)**. Besides the weight loss, my energy level increased significantly, and my cravings for sugars completely disappeared."

— Bonnie Campbell, British Columbia

"I have lost 74 pounds using **Watkins SoyNilla®** and I feel great! I have two SoyNilla® shakes each day, along with **Watkins Superfood Multiple** and **Fruit/Veggie Complex**. With Watkins spices and extracts, the combinations are endless, so you can have a different flavor every day! My favorite is chocolate SoyNilla®, chocolate soy milk, a frozen banana and Watkins Peanut Butter Extract in the blender with 3 to 4 ice cubes. Since using Watkins SoyNilla®, not only have I lost weight, but I also have more energy and don't have hot flashes anymore. I am really sold on Watkins SoyNilla®!"

— Michelle Jaquette, California

**More Testimonials on Back**

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.

**WATKINS**  
1988-2008

## Weight Management cont'd

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### **Testimonials—**

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“I am happy to say that **Watkins TheraTrim™ (WMS #1)** works extremely well and I love the additional health benefits of the green tea.”

—Elaine Gross, Calgary

“I've lost 23 pounds and counting using Watkins **Weight Management System**. In addition to **Watkins Superfood Multiple**, I've been taking **Watkins TheraTrim™ Duo** and I'm replacing one meal a day with **Watkins SoyNilla®** blended with a banana, cinnamon, ice, and skim milk. I'm also using all of Watkins seasonings to add flavor to my low-fat, low-carb meals. I gave up all forms of carbonated beverages and I'm sticking to water and Watkins wonderful **Mint and Lemongrass TheraTea®**. I feel full, have more energy, and the weight keeps dropping. Over the course of six months I've lost an average of a pound a week. Never before have I been able to lose weight, not even with exercise. My 23 pound loss is a true testament to Watkins products!”

—Pat Rigg, Illinois