



Watkins Products Can Make a Difference in Your Life

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This booklet contains information on common ailments and suggestions for those who may experience symptoms, based on research and personal experiences. This information is for educational purposes only and does not constitute claims made for any product or a diagnosis for any ailment.

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Allergies

Cause: In some individuals, the immune system will overreact to substances that enter the body, causing release of histamine as a defensive mechanism.

What May Help: Watkins Rezist Plus

Why: Contains ImmunEnhancer™ and pre- and probiotics that block substances that attempt to invade the body. Blocking these substances helps to reduce allergic reactions.

Helpful Hint: At the first sign of allergies, take 2 caplets of Rezist Plus in the morning and 2 in the evening until symptoms subside; then take 2 caplets daily.

What May Help: Watkins Bee Pollen Complex

Why: Many people take bee pollen in the early spring to help combat allergy symptoms associated with pollen. A growing number of scientists believe that ingesting small amounts of pollen can desensitize an individual to its allergenic compounds. Note: If allergy- or bee sting-sensitive, consult your physician-allergist before using.



Testimonials—

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

“I live in California’s central valley and allergies have always been a problem for me. I started taking **Watkins Rezist Plus** regularly and I have made it through the allergy season with no symptoms whatsoever, and have not had to take any allergy medications. I haven’t been sick at all, even though several “bugs” have been going around. Thank you, Watkins, for such a wonderful product.”

— **Greg Ellis, California**

“For years I’ve had allergy symptoms, such as a runny nose, etc. I started taking **Rezist Plus** and have had little or no allergy symptoms for over a year.”

— **Dean Gengler, Kansas**

“My oldest son wanted to take **Rezist Plus** because he knew it would help fight colds and flu, but the spin-off is that he suffered from what I called “allergy to the morning.” Certain times of the year he would wake up sneezing and coughing and would have a runny nose for a couple of hours every morning. He found that when he was taking Rezist Plus he wasn’t having that reaction when he woke up. It was only when he ran out of Rezist Plus and stopped taking it and all of those symptoms came back, that he realized that it was the Rezist Plus that was helping him to avoid those allergic reactions every morning. It’s a wonderful product and I’ve told lots of people who have allergies to try Rezist Plus. It certainly has made a difference in my son’s life.”

— **Lee Baxevanidis, British Columbia**

“I have been plagued with allergies all year round for most of my adult life. I have had to use allergy pills every day for the past 10 years and had tried to get off of medication, but with no success...that is, until I started taking **Watkins Rezist Plus**. I began to reduce my dosage of medication while taking Rezist Plus, and now I am completely off of medication and feeling a lot better while continuing to take Rezist Plus.

“I take Watkins Rezist Plus everyday. When I have a reaction to something in the air or environment, I take another dose of Rezist Plus and within 30 minutes the reaction has subsided. It’s wonderful to see others’ expressions when they see the difference. “Thank you, Watkins, for making my allergies more manageable with Rezist Plus.”

— **Debra Killam, New Brunswick**

Behavioral Problems

Cause: May have multiple causes, but recent research has shown a reduction in behavioral problems and sickness in those given nutritional supplements on a regular basis.

What May Help: Watkins Superfood Multiple (Super Multi) or Children's Chewable (Watkins JR)¹

Why: Contains B complex and other vitamins and minerals that directly affect brain and behavior.

Niacin (B-complex vitamin) – may be helpful for symptoms of hyperactivity and deteriorating school performance.

B-6 (B-complex vitamin) – when B-6 was given to hyperactive children with low blood serotonin levels, hyperactivity was reduced and serotonin returned to normal.

Vitamin C – a cofactor for the synthesis of the neurotransmitter, norepinephrine, imbalances of which are linked to ADD/ADHD.

Magnesium – deficiency is characterized by restlessness and learning difficulties.

Calcium – hyperactivity has often been improved with calcium supplementation.

Zinc – zinc levels have been shown to be lower in ADHD children.



Helpful Hint: Recent research has shown a reduction in behavior problems and sickness when inmates in prisons and detention centers were given nutritional supplements on a daily basis. In addition, a 2003 study published in the *Alternative Medicine Review* found that dietary supplements consisting of vitamins, minerals, phytonutrients and other essential nutrients were as effective as medication in reducing symptoms of ADD and ADHD.

Testimonials —

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Derron Lemke's Amazing Story

Derron, the son of Sue Skomsky, was experiencing severe behavioral problems that seriously impacted his performance at school and life at home. He was diagnosed with ADD (Attention Deficit Disorder) and given a prescription for Ritalin, which he took for eight years. In search of an alternative, the family traveled hundreds of miles to consult with a doctor of research specializing in children with ADD.

The specialist placed Derron on a program of dietary modification and intensive vitamin supplementation, believing that proper nutrition could correct the chemical imbalances in the boy's brain. The program worked well — well enough that Derron was allowed to stop taking the Ritalin. But in order to get all of the nutrients prescribed by the specialist, Derron had to take upwards of ten pills every morning; "not a very pleasant way to start the day," according to Sue.

When Sue noticed that **Watkins Superfood Multiple** was similar to the nutrition profile of the vitamins Derron was taking, she faxed the ingredient statements to their specialist, who "was amazed at the formulations," said Sue, "and gave instant approval. She got totally excited!"

Since Derron started taking Watkins Superfood Multiple, his whole outlook has changed. His grades in school have been excellent, and he has not had a single episode. Although every case is different and needs to be evaluated by a physician, Derron's physician, Dr. Brian Baxter, agrees that "Derron has done very well. The combination of the diet and the vitamins have allowed him to stop taking Ritalin. It's certainly a very holistic approach, and an alternative to prescription drugs."

— Sue Skomsky, New York

"My daughter had been struggling in school; she couldn't focus and her grades were falling. Her teacher thought she had attention deficit disorder. I started giving her **Watkins Children's Chewable**, and in two weeks, her teacher said, 'Whatever you are doing...keep it up.' She finished the year with straight As."

— Tawny Dawson, Pennsylvania

¹ In Canada, Super Multi and Watkins JR are for adult use only.

Blood Pressure Concerns

Cause: In 90% of people with high blood pressure the cause is unknown. Risk factors include smoking, obesity, high sodium diet and family history. For mild hypertension (140 to 159 systolic and 90 to 99 diastolic) you should make lifestyle changes and consider the following supplements with your doctor's approval. If blood pressure is higher, see your doctor.

What May Help: Watkins Superfood Multiple (Super Multi) and Osteogen

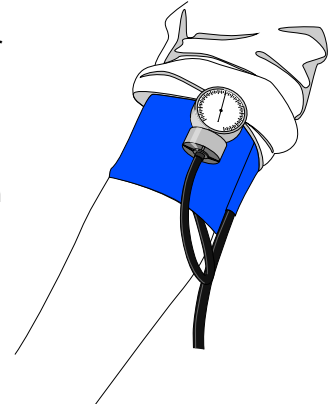
Why: Together, provide vitamin C, calcium, magnesium and other nutrients known to promote healthy blood pressure levels.

What May Help: Watkins E+CoQ10

Why: CoQ10 promotes a healthy heart and circulation, and hawthorn helps to improve blood flow and improve pumping ability. It may help to maintain normal blood pressure.

What May Help: Watkins Garlic Oil Softgels

Why: May help to widen blood vessels, improving circulation and promoting normal blood pressure.



Testimonials—

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

“After taking **Watkins E+CoQ10** for only one month, my blood pressure went from 145/98 to 120/71.”

— **Gloria Williamson, British Columbia**

“Since taking **Watkins E+CoQ10**, my blood pressure went from 210/100 to 150/80. I decided to see what would happen if I stopped taking it, and it went back up. I won't go without it anymore.”

— **Mary Bonner, California**

“My favorite product is **Watkins Garlic Oil Softgels** because it has enhanced my life tremendously. Since taking Watkins Garlic Oil Softgels I have been able to control my blood pressure without medication. It's also helped to lower my cholesterol and I rarely get a cold anymore. My doctor has told me that my blood pressure has been maintained, and I am able to do many things that I was unable to do before I started taking Watkins Garlic Oil Softgels.”

— **Ron Losey, Kentucky**

Blood Sugar Concerns

The amount of glucose, or sugar, in the blood is called your blood sugar level. Since your cells use glucose for energy, it is important that these levels stay within normal limits for cells to function properly.

Normally, blood sugar levels stay within normal limits throughout the day, being highest after meals and lowest in the morning. However, under certain conditions, the body is no longer able to control the level of glucose in the blood, which, over time, can lead to cell damage.

Cause: Type I diabetes occurs when the pancreas stops producing insulin. The cause is unknown but some believe it is due to a virus. People with type I must take insulin for life. Type 2 diabetes develops when the pancreas produces enough insulin, but the cells resist it. This is called insulin resistance. Obesity increases the risk of type 2.



What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contains B vitamins which help to convert glucose to energy and help to prevent nerve damage, and chromium, which helps to balance blood glucose and cholesterol in diabetics.

What May Help: Watkins Reduce Plus (WMS #2) (check with physician and monitor blood sugar regularly)

Why: Contains banaba, chromium and gymnema sylvestre which help to balance blood sugar levels.

What May Help: Watkins Cinnamon

Why: 1/4 tsp per day helps to lower blood sugar levels in type 2 diabetics by helping to make insulin more effective in the body. Consume cinnamon at each meal for best results.

Ground Breaking News!

Cinnamon shown to lower blood sugar, fats and cholesterol!

Recent studies reported in the journal, *Diabetes Care*, have shown that just 1/4 tsp of cinnamon every day may help to lower blood sugar, fats and cholesterol by up to 30 percent in those with type 2 diabetes. Researchers suggest it may also stave off the onset of type 2 diabetes in those at risk.

Study author Dr. Richard A. Anderson of the Beltsville Human Nutrition Research Center in Maryland noted that diabetics could add a dash of cinnamon to their morning servings of coffee, orange juice or cereal.

Anderson and his team found that all cinnamon-takers experienced a drop in blood levels of glucose, fats and cholesterol by up to 30 percent. No change was seen in the people taking placebo.

As an added bonus, cinnamon contains virtually no calories, Anderson said, allowing diabetics to add zest to their meals without adding to their waistlines.

Previous research has shown that cinnamon appears to help fat cells recognize and respond to insulin. In recent studies, the spice increased glucose metabolism by about 20 times.

Helpful Hint: Try **Watkins Purest Ground Cinnamon** every day on cereal, oatmeal, toast, apples and savory dishes. Place in coffee grounds before brewing for rich flavor and aroma.

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Canker Sores

Cause: It is believed that canker sores are triggered by stress, which can cause the body's immune system to overreact to bacteria normally present in the mouth. They can be initiated by irritating the inside of the mouth, such as with a rough toothbrush or biting the inside of the mouth.

What May Help: Watkins Aloe Vera Juice or Gel Capsules

Why: Aloe vera accelerates healing and reduces pain associated with canker sores.

Helpful Hint: Aloe can be taken both as the aloe vera juice and aloe vera gel. 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.



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

Why: Strengthens the immune system. Superfood Multiple (Super Multi) contains B vitamins, often lacking in those who experience frequent canker sores.

Testimonial—

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

“Many of my customers have told me about the great results they have using **Watkins Aloe Vera Gel Capsules** for canker sores. They place a clean, sterile pin through the end of the gel capsule and squeeze the gel directly onto the canker sore or the gums. I have had several customers use Watkins Aloe Vera Gel Capsules for canker sores with tremendous success.”

—Pete Redekop, Manitoba

Carpal Tunnel Syndrome

Cause: Stress injury due to prolonged, repeated movements of the hands or fingers. Overuse or repetitive movements of the hands on the job or during leisure activities can inflame tendons or ligaments, causing them to swell and compress the median nerve.

What May Help: Watkins Linimax™

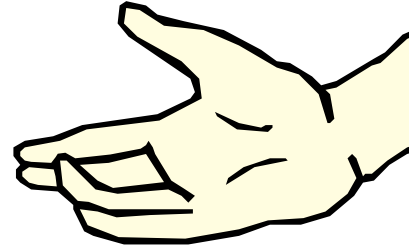
Why: Contains glucosamine to help ease discomfort and swelling, and turmeric from curcumin, which may help to ease symptoms associated with inflammation.

What May Help: Watkins Fruit/Veggie Complex (Watkins Harvest)

Why: Contains bromelain from pineapple, a powerful enzyme that may help to ease symptoms associated with inflammation.

What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contains vitamin B-6 which may reduce susceptibility to numbness and pain of carpal tunnel syndrome.



Testimonial—

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I had arthritis in my hands for years, and was eventually diagnosed with carpal tunnel syndrome, as well. I had to wear a brace for the carpal tunnel, and was taking 10 ibuprofen every day just to manage the pain. I started taking **Watkins Linimax™**, and within 2 weeks I noticed a difference. With daily use of Linimax, I am now pain-free and no longer need to take any ibuprofen or pain relievers. Watkins has definitely changed my life!

— Barb Birch, Minnesota

Cholesterol Concerns

Cause: Although genetic factors affect cholesterol levels, high cholesterol is also linked to diet and exercise habits.

What May Help: Watkins Grapeseed Oils, Liquid Spices

Why: Grapeseed Oil is the only cooking oil known that lowers LDL (bad cholesterol) and increases HDL (good cholesterol).

What May Help: Watkins Garlic Oil Softgels

Why: Garlic Oil helps to reduce blood clotting and may interfere with cholesterol production.

What May Help: Watkins SoyNilla® (US)

Why: Soy may help prevent accumulation of artery-clogging plaque.



Testimonials—

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“Following bypass surgery in 1987 and a heart attack in 1991, my family doctor tried every prescription drug he knew of to raise my HDL (the good cholesterol) and to lower my LDL (the bad cholesterol), but to no avail. That is, until my physical in 1999 when my LDL dropped from 121 to 65 and my HDL (good cholesterol) went from 26 to 41. The doctor could not figure out what caused this sudden change. The only “data” to support this positive change was my daily use of **Watkins Grapeseed Oil**, along with Watkins Garlic Oil Softgels and other Watkins Dietary Supplements. Thanks Watkins, for virtually saving my life!”

— Clem Birch, Minnesota

“In February 2001 my cholesterol level was a whopping 578, and my doctor wanted me to go on medication right away, but I asked if I could try **Watkins SoyNilla®** first. The doctor agreed, but demanded that I get tested again in a week. After using Watkins SoyNilla® for just one week, my cholesterol dropped to 520. After only one month of using SoyNilla®, my cholesterol dropped to 361; six months after starting SoyNilla® it dropped to 349; and after a year of SoyNilla® it went down to 327. At the same time, my LDL, the bad cholesterol, and my triglycerides went way down, while my HDL, the good cholesterol, went up! My doctor explained that based on these results my risk of heart disease, or cardiac risk, went from 8.6, the highest risk for a heart attack, down to 4.2, a low risk for a heart attack. Thanks Watkins, for literally saving my life!”

— Mary Lowther, California

“My cholesterol had gone up and I started taking **Watkins Garlic Oil Softgels**. When I went back to the doctor he couldn’t believe how much my cholesterol had dropped. Needless to say, I’m very satisfied with Watkins Garlic Oil Softgels.”

— Virginia Miller, Minnesota

“After my annual checkup I was told my cholesterol was too high, so I started using **Watkins Grapeseed Oil** in all of my cooking. I went back to have it rechecked and it was considerably lower after just two months.”

— Gloria Chada, Minnesota

“**Watkins Garlic Oil** has brought my cholesterol down.”

— Sylvia Ramstead, Alberta

“**Cinnamon** has helped keep my cholesterol under control.”

— Ben Wright, Minnesota

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.



Testimonial—

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“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

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—

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“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.

Cuts, Scrapes, Broken Skin, Bleeding

Cause: Breaking open of skin surface due to minor cuts, scrapes, severe dryness.

What May Help: Watkins Petro-Carbo Salve

Why: Provides a protective, soothing, topical dressing for minor cuts, scrapes, burns and minor skin irritations. Helps protect exposed or irritated tissues from reopening during the healing process.

What May Help: Watkins Cinnamon

Why: Cinnamon helps to reduce the bleeding and stinging of a minor cut, and may help to speed healing.

How to use: To get the best result, wash the cut thoroughly, pat dry and sprinkle with powdered cinnamon before bandaging.



Helpful Hint: A recent study confirms that natural compounds in cinnamon provide antibacterial effects and act as a natural anesthetic.

Testimonials—

These are personal testimonials. Individual results may vary.

“My husband, Marv, had cracks between his fingers and we had spent a lot of money trying to get them healed. We rubbed **Watkins Petro-Carbo Salve** on the cracks and within one month they were completely healed and have not been a problem since. We use it on any sores we get. It’s a wonderful healing salve.”

— **LouAnne Holmquist, Minnesota**

“A friend had deep cracks in her hands that were very painful and bled often. She tried several prescription medications but found little relief until she tried **Watkins Petro-Carbo Salve**. She has had wonderful results and no longer uses prescription medications.”

— **Pat Paul, Kansas**

“A metal sliver was lodged in the palm of my hand and it was so deep that I worked for hours trying to remove it. Before I went to bed I put **Watkins Petro-Carbo Salve** on the sliver and in the morning the sliver came right out.”

— **Karry Nelson, Ontario**

“After having surgery on my hand, I rubbed **Petro-Carbo** on the scar and I was surprised to see the scar simply disappear!”

— **Ken Boleen, British Columbia**

Digestive / Intestinal Concerns

Cause: There are many intestinal disorders with various causes. Suspected causes include bacterial, viral or parasitic infection, overuse of antibiotics, lactose intolerance and adverse reactions to foods.

What May Help: Watkins Aloe Vera Juice or Gel Capsules

Why: Studies have shown it to be effective in promoting a healthy digestive tract and stimulating bowel function.

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

Why: Helps to speed removal of toxins.

What May Help: Watkins Rezip Plus

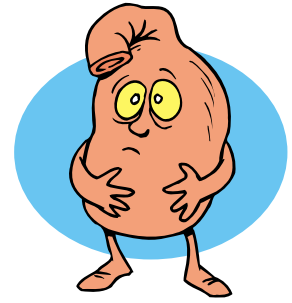
Why: Helps to block invasion of harmful invaders, suspected to be the cause of symptoms. Contain pre- and probiotics and other ingredients that promote intestinal health. Also helps to reduce symptoms of lactose intolerance and helps to maintain healthy intestinal flora, destroyed by antibiotics.

What May Help: Watkins Fruit/Veggie Complex (Watkins Harvest)

Why: Provides fiber and enzymes important for healthy digestion and bowel function.

What May Help: Watkins Peptic Pre-Meal (Pre-Meal Plus)

Why: Provides natural enzymes that aid in the digestive process.



Testimonials—

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“When I began using Watkins dietary supplements, I started with **Watkins Inner Cleanse/Restore**. I had worked around a lot of chemicals, so it was really important for me to cleanse my system, and it really made a difference for me. This is really powerful...I could really feel it working.”

— Lois Shuck, Kansas

“I have a very sensitive colon and have tolerated daily pain. When I started taking **Watkins Fruit/Veggie Complex**, I noticed that my stomach was not cramping as usual. If I stop taking it, the pain comes back.”

— Kathryn Knopf, Michigan

“My husband had been suffering from stomach problems for three years...he tried every brand of antacid and all of the new acid-blocking drugs. Four different doctors prescribed even stronger drugs—nothing worked. When I saw **Watkins Peptic Pre-Meal**, I figured Dave should try it. It’s all natural; it’s got to be better than all these chemicals. It helped within a week, and he hasn’t had one episode of indigestion since. It’s unbelievable...this product is wonderful!”

— Violet Harris, New York

“I was diagnosed with a hiatal hernia in my 20’s, and had tried several things, but nothing worked for me. I started taking **Watkins Peptic Pre-Meal** and it helped immensely. When Watkins introduced **Rezip Plus** with pre- and probiotics, I tried that as well, because I had been reading about the benefits of pre- and probiotics. I have to say that I have been pain-free since I started using Watkins Rezip Plus.”

— Linda Hunter, West Virginia

More Testimonials on Back

Digestive / Intestinal Concerns cont'd

Testimonials—

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“I had terrible problems with ulcers, and after I started taking **Watkins Peptic Pre-Meal (Pre-Meal Plus)** I was able to get off of prescription medication that I had been taking for my ulcers. It has made a huge difference in my life.”

— **Pete Redekop, Manitoba**

“Many nights I would wake up with very bad heartburn. I tried everything I could think of, but nothing helped. The first time I used **Watkins Peptic Pre-Meal**, I slept through the night and have not experienced symptoms since.”

— **Greg Ellis, California**

Facial Skin Concerns

Acne

Cause: Acne occurs when the sebaceous glands of the skin secrete too much sebum. This oily substance is normally released from the pores to keep the skin lubricated and healthy but if sebum backs up, pores are blocked and pimples are formed.

What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contains the following:

- Vitamin A - helps to control overproduction of sebum.
- Vitamin B6 - helps to balance levels of acne-related hormones.
- Vitamin C - keeps acne-causing bacteria under control.
- Zinc - promotes healthy hormone levels and immune function.
- Copper - necessary to balance zinc levels.



What May Help: Watkins Skin, Hair & Nails (SHN Formula)

Why: Contains vitamin C, zinc and copper (see above for functions)

Helpful Hint: To get rid of a new pimple fast, cover it at bedtime with **Watkins Peppermint Whitening Anticavity Toothpaste**. Dab a small amount, enough to cover only the pimple itself and not the surrounding skin. In most cases, the pimple size will be reduced in the morning.

Rosacea Symptoms

Cause: Unknown factors cause blood vessels in the skin to lose elasticity and dilate easily. Episodes can be triggered by any stimulus that leads to flushing, including hot or spicy foods or beverages, alcohol or caffeine, stress, menopause and medications (especially niacin and some blood pressure drugs). Antibiotics are often prescribed by a doctor. Check with your doctor before taking additional supplements.

What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contains B vitamins. A deficiency of B vitamins is common in people with rosacea and riboflavin may help to control mite growth. Also contains vitamin A which helps to keep skin cells from hardening, and vitamin C, which strengthens the membranes that line the blood vessels.



Helpful Hint: Everyone has tiny skin mites living in the hair follicles under their skin, but many rosacea sufferers have exceptionally high numbers of them. The B vitamins, especially riboflavin, may help control mite growth.

What May Help: Watkins Resist Plus

Why: A breakdown in the immune system may be the cause of higher numbers of skin mites in people with rosacea. Resist Plus helps to boost the immune system, which may slow growth of skin mites.

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WATKINS

Fatigue

Cause: In many sufferers, fatigue can be traced to stress, anxiety, depression or lowered immunity and chronic infections, as well as internal imbalances, nutrition deficiencies, sleep disorders and medications. Supplements should be used only when underlying medical conditions have been ruled out.

What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contain B complex vitamins that support the nervous and immune system and vitamin C which promotes immune function.

What May Help: Watkins Balanced Ginseng

Why: Used for its ability to enhance energy and combat fatigue and anxiety. Acts as an adaptogen which means it helps the body adapt to stress and works to maintain homeostasis, or balance, within the body.

What May Help: Watkins E+CoQ10

Why: CoQ10 is required in every cell of the body for energy production. It is produced naturally in the body, but the body produces less as we age. Low levels have been linked to weakness and fatigue.

What May Help: Watkins Bee Pollen Complex

Why: A natural source of nutrients necessary for energy, mental alertness and a general feeling of well-being.



Testimonials—

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“**Watkins E+CoQ10** along with **Watkins Superfood Multiple** helped me to wake up in the morning without feeling tired. It simply enhanced my energy level in a way I was not expecting. I can go all day!”

— Linda Hunter, West Virginia

“I work the night shift and I’ve found that when I take **Watkins Balanced Ginseng** before my shift, I can get through the night with all kinds of energy. If I don’t take it, I feel tired in the early morning. What a difference it makes!”

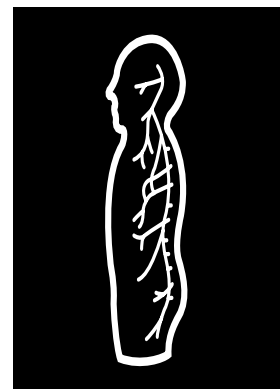
— Elaine Olson, Saskatchewan

“Since taking **Watkins Bee Pollen Complex**, I no longer get the headaches, cold sores, or stomach pains that I used to get. My energy level has also increased. I don’t need as much sleep and I’m wide awake when I get up. My wife tells me that now I buzz and I fly, but I don’t sting!”

— Elmer Flaman, Saskatchewan

Fibromyalgia

Cause: Fibromyalgia is characterized by widespread muscle pain and fatigue. The cause is unknown, but thought by some to be due to low levels of serotonin which may produce muscle pain. Others suggest it may be caused by extremely high levels of substance P, believed to transmit pain messages from the body to the brain.



What May Help: Watkins Linimax™

Why: Contains glucosamine, boswellia, curcumin and whole grape extract (a source of grapeseed extract) and ginger. Many fibromyalgia sufferers have found Linimax to be very helpful in relieving pain and have been able to resume normal daily functions as a result. Boswellia and curcumin help to reduce the pain associated with inflammation. Glucosamine protects from further damage and helps to repair damage. Ginger provides an analgesic effect.

What May Help: Watkins Mood Plus (Balance Plus)

Why: Contains St. John's Wort which helps to raise serotonin levels, which, in turn, helps to improve pain tolerance and improve mood and emotions. This should not be taken along with anti-depressants. Talk to your physician if you are on anti-depressants. The doctor may prescribe a lower dose of anti-depressants while starting Mood Plus (Balance Plus), and keep lowering the dose until you can just take Mood Plus. Also contains rhodiola rosea root which helps to increase energy in those who are exhausted and fatigued. Helps to improve sleep. If having trouble sleeping, take two tablets 30 to 60 minutes before bedtime.

What May Help: Watkins E+CoQ10

Why: CoQ10 helps to relieve the symptoms of chronic fatigue syndrome, which often accompanies fibromyalgia. Vitamin E, selenium and hawthorn, found in Watkins E+CoQ10 help to improve circulation and protect from further damage.

What May Help: Watkins Superfood Multiple (Super Multi) and Female Formula

Why: Both contain magnesium and vitamin C which are important for people with fibromyalgia. Many people with fibromyalgia are deficient in magnesium. Magnesium is important for energy and muscle relaxation.

Vitamin C with bioflavonoids help to protect muscle cells from damage, which is what leads to pain and other symptoms. Also increases the immune system.

Antioxidant formula: The antioxidant vitamins C, E, beta carotene and selenium help fight the damage that leads to inflammation. Watkins Superfood Multiple, Female Formula and E+CoQ10 contain optimum levels of these antioxidants.

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

Why: Candida (yeast) infection is common among fibromyalgia sufferers. Inner Cleanse/Restore (Internal Spa) and Resist Plus contain pre- and probiotics which help to rid the body of "bad" bacteria and replace it with "good" bacteria. The "good" bacteria helps to keep the "bad" bacteria out of the body.

Use Inner Cleanse/Restore (Internal Spa) first to cleanse the body, get rid of toxins, and allow the good bacteria to overtake the bad. Then use Resist Plus on a daily basis to maintain a high level of good bacteria in the body, and to help keep harmful toxins and bad bacteria out.

What May Help: Watkins Fruit/Veggie Complex (Watkins Harvest)

Why: Contains fruit enzymes, vitamin C and mixed carotenoids which protect the body from damage that can lead to pain.

What May Help: Watkins Balanced Ginseng

Why: Useful for combating stress and fatigue which often accompanies fibromyalgia.

What May Help: Watkins Liniment and Analgesic Balm

Why: Contain capsicum (red pepper) that produces a warming effect on the skin. Liniment provides relief from the discomfort of minor muscle pain, soreness, stiffness and backache. Analgesic Balm provides quick, temporary relief from minor arthritic and rheumatic aches.

See Testimonials on Back

Fibromyalgia cont'd

Testimonials—

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

“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**

“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.”

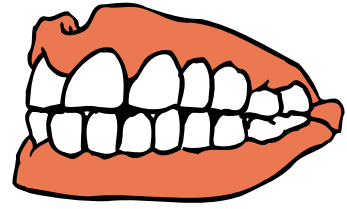
— **Charlene Forde, Minnesota**

“I've had fibromyalgia for several years and lived with constant pain and had not been able to have a good night's sleep because of the pain. Since taking **Watkins Linimax™**, I am finally able to sleep and I don't hurt nearly as much. With the help of Linimax, I am also able to hold down a full time job, which many fibromyalgia sufferers are unable to do because of the pain. I've introduced Linimax to several others and they are all just as satisfied as I am with Watkins Linimax™.”

— **Joyce Ludwig, Minnesota**

Gum Conditions

Cause: Inadequate brushing and flossing lead to plaque buildup, causing the gums to become inflamed, swollen, and to bleed easily. Plaque, a soft, sticky film primarily made up of bacteria, will harden after 72 hours into tartar, which can't be removed by brushing or flossing. This is why the best defense against gum disease is brushing and flossing after meals, as well as professional cleaning by a dental hygienist. Vitamin C and niacin deficiencies can also result in gum disease, or gingivitis. If ignored, a more serious form of gum disease, called periodontitis occurs, which can lead to severe infection and tooth loss.



What May Help: Watkins Aloe Vera Juice and Gel Capsules

Why: New reports published in *General Dentistry* show that aloe vera juice or gel can be beneficial for oral health (see below).

What May Help: Watkins Peppermint Whitening Anticavity Toothpaste

Why: Helps to protect from cavities and high-foaming formula helps clean between teeth.

What May Help: Watkins E+CoQ10

Why: A periodontal specialist discovered that people with gum disease had low levels of CoQ10. When patients were given CoQ10 supplements, the gum condition was reversed.

What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contains vitamin C and flavonoids which strengthen connective tissue in the gums.

What May Help: Watkins TheraTea and Chai

Why: Green and Black teas have been shown to reduce plaque formation and tooth decay. If you can't brush or floss after a meal, consume tea.

Helpful Hint: Bacteria in the mouth not only leads to tooth decay, gum disease and bad breath, but the bacteria travels through the body, causing infection. The infection, in turn, causes an inflammatory response that may trigger heart attacks, strokes and pre-term births.

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.

WATKINS

Hair Problems

Cause: Stress, poor diet, nutritional deficiencies, hormonal changes, underactive thyroid, immune disorders and genetics.

What May Help: Watkins Skin, Hair & Nails (SHN Formula)

Why: Contains essential fatty acids which promote healthy growth and appearance of hair. Various vitamins and minerals such as zinc and biotin promote healthy hair growth and slow hair loss.

Helpful Hint: Scientists found that smokers are 4 times more likely to have gray hair than nonsmokers. They also reported a link between smoking and hair loss.



Testimonial—

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

“I began taking **Watkins Skin, Hair & Nails** several years ago due to thin and breaking hair and soft nails. I took Skin, Hair & Nails for 2 years and then quit taking it because my hair and nails were healthy again. Within a year my hair was again falling out and breaking. I started taking them again every day, and within months my hair improved, and I finally have healthy nails.”

— Janet Howard, Kansas

Joint Pain and Stiffness

Cause: Joints gradually lose cartilage, the smooth, gel-like material that provides shock absorption and a cushion to prevent bones from touching. Without this cushion, bones rub together, causing pain and loss of movement. Scientists have discovered that the cause of osteoarthritis is insufficient cartilage production, which means that if cartilage production could be stimulated, arthritis symptoms could be prevented in many people.

What May Help: Watkins Linimax™

Why: Contains glucosamine, a natural compound produced in the body that stimulates cartilage production and inhibits the breakdown of cartilage. Also contains boswelia, curcumin and ginger, natural compounds shown to reduce the body's production of pain-causing compounds.



Helpful Hint: Results are experienced within 2 to 8 weeks. Take Linimax™ daily for continued results.

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

“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

I had arthritis in my hands for years, and was eventually diagnosed with carpal tunnel syndrome, as well. I had to wear a brace for the carpal tunnel, and was taking 10 ibuprofen every day just to manage the pain. I started taking **Watkins Linimax™**, and within 2 weeks I noticed a difference. With daily use of Linimax, I am now pain-free and no longer need to take any ibuprofen or pain relievers. Watkins has definitely changed my life!

— Barb Birch, Minnesota

More Testimonials on Back

Joint Pain and Stiffness cont'd

Testimonials—

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

“I have three degenerative discs in my lower back that have given me severe pain for years. At one point I could not even get out of bed in the morning. After getting on a program of 2 **Linimax™** in the morning and 2 in the evening, I have been able to move and walk normally again. Thanks to Watkins **Linimax™**, I have my life back.”

— Vera McCallum, Manitoba

“**Watkins Linimax™** has improved my sore knees more than anything I have been using up to this point. It impressed me so much, I joined the business.”

— Ron Hildebrand, Manitoba

“For almost a year, I lived in pain from a torn tendon in my shoulder. I had limited movement and tried physical therapy and prescription medication, but nothing helped. Within 3 weeks of taking **Watkins Linimax™**, I had no pain and full movement was restored to my arms and shoulder.”

— Pat Rigg, Illinois

“My mother switched from a health-food store brand of glucosamine to **Watkins Linimax™** and her pain has improved 10-fold and she will never go back.”

— Laurie Schmitt, Saskatchewan

“After 25 years of milking cows, my knees finally gave out. I started taking **Watkins Linimax™** and now I have very little pain and the best part is that I can keep up with my grandchildren.”

— Mitch Ballard, Minnesota

“I’ve had lower back pain for years. Thanks to **Watkins Linimax™** the pain is almost gone.”

— Bobby Nelson, Alberta

“I have TMJ disorder in my jaw bone. Since taking **Watkins Linimax™** I no longer wake up in pain.”

— Chrystal Lyons, British Columbia

“I had a whiplash injury from a car accident and was in pain for 2 years. When **Watkins Linimax™** was introduced, I tried it and the pain was gone in 2 weeks.”

— Linda Sikut, New York

Menopausal Symptoms

Cause: As the ovaries gradually stop manufacturing the hormones estrogen and progesterone, menopausal symptoms and the risk of heart disease and osteoporosis increase.

What May Help: Watkins Female Formula

Why: Contains herbs and isoflavones that help to stabilize hormone levels.

What May Help: Watkins Osteogen

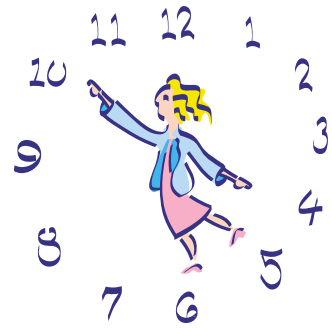
Why: Contains calcium citrate, most readily absorbed form of calcium, along with other bone-building vitamins and minerals to maintain healthy bones and reduce the rapid bone loss that comes with menopause.

What May Help: Watkins Mood Plus (Balance Plus)

Why: Helps to promote emotional balance, soothe anxiety and curb appetite, which are common symptoms of menopause.

What May Help: Watkins SoyNilla® (US)

Why: Contains soy isoflavones, calcium and magnesium, which help to balance hormones, strengthen bones and protect from heart disease.



Testimonials—

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

“Although I cannot use hormone replacement therapy, my bone density is superb, thanks to **Watkins Osteogen.**”

— Jean Kuehn, Florida

“I was having quite a time with hot flashes until using **Watkins SoyNilla®**. I am using it twice a day, and thanks to Watkins Extracts, I can have different flavors everyday! I haven’t had hot flashes since, and it tastes great, too!”

— Connie Jagnow, Iowa

“I was on hormone replacement therapy for 9 years and slowly weaned off of it while I started taking **Watkins Female Formula**. I don’t have any mood swings or hot flashes and I feel really well since taking Female Formula.”

— Sheryl Priddy, Indiana

“Since taking **Osteogen**, my bones and nails have become stronger and my doctor couldn’t believe how well I have been doing since having a knee replacement.”

— Rosemarie Daniels, Pennsylvania

“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

Mood Swings

Cause: No single, underlying cause, although experts believe it is due to an imbalance in the brain's production of neurotransmitters, often triggered by hardship, trauma, stress, lack of sun, and nutritional deficiencies, to name just a few.

What May Help: Watkins Mood Plus (Balance Plus)

Why: Contains St. John's wort and other ingredients that help to increase production of neurotransmitters in the brain.



Helpful Hint: Many ingredients in Watkins Mood Plus help to increase levels of serotonin, a natural brain chemical that improves mood and aids in appetite control. Many find that food cravings are reduced with regular use of Watkins Mood Plus.

Testimonials—

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

“Without **Watkins Mood Plus**, I don't think I would be here today. Suffering from chronic pain, a head injury and depression after a car accident, I was at the point of no return. I tried Watkins Mood Plus and it changed my life. I feel like a whole person again.”

— Evelyn Leon, Michigan

“After taking **Mood Plus (Balance Plus)** I was able to discontinue the use of anti-depressants and I no longer have the headaches and bad dreams that were a result of the medications. Thanks to Watkins, I feel great!”

— Marie Strothotte, British Columbia

“Before taking **Watkins Mood Plus**, I had not been sleeping well and had been getting very stressed and irritable. I noticed after taking Mood Plus for about two weeks, I was sleeping better, and daily pressures didn't seem to bother me as much. I also noticed that my children started to be more receptive to me and were able to handle their emotions better because they saw me handling mine much better. My husband now comes home to a much happier family, so Mood Plus is a real life-saver in our home.”

— Dorothy Howard, Wisconsin

“**Watkins Mood Plus** has changed my life from crabby to contentment! My family and friends thank you!”

— Sharon Payne, Illinois

Motion Sickness and Nausea

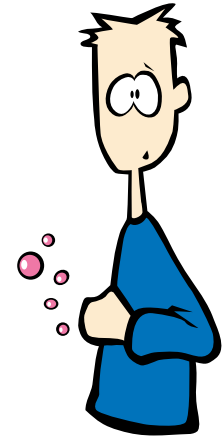
Cause: Variety of causes.

What May Help: Watkins Ginger

How to use:

Capsules: Place 500 to 1,000 mg into a caplet and take every 4 hours as needed for nausea. For travel, take 3 caplets per day one to two days prior to traveling. For short trips, take 4 hours prior to travel.

Tea: Ginger-Cinnamon tea can help to relieve the discomfort associated with nausea and diarrhea. Mix 1 tsp Watkins Cinnamon and 1/4 tsp Watkins Ginger to 1 cup boiling water and steep for 10 minutes. Strain and drink. For relief of nausea and cough, pour 1 cup of boiling water over 2 tsp. of Watkins Ginger and let steep for 10 minutes. Strain and drink 2 or 3 cups of tea throughout the day. Taking a warm bath with ginger tea added, at the onset of a cold, may help speed the healing process.



Helpful Hint: Ginger can also help to relieve the nausea associated with morning sickness, but consult your doctor during pregnancy.

Muscle Aches

Cause: Physical stress to the muscles and other tissues.

What May Help: Watkins Liniment

Why: Provides relief from the discomfort of minor muscle pain, soreness, stiffness and backaches. Just pat on for soothing relief.

What May Help: Watkins White Cream Liniment

Why: Reduces muscular discomfort due to overexertion, fatigue and strains, provides temporary relief for minor aches and pains associated with simple backache, arthritis, strains, bruises, sprains and stiffness.

What May Help: Watkins Analgesic Balm

Why: A great muscle warm-up. Formulated to provide quick, temporary relief from minor arthritic and rheumatic aches.

What May Help: Watkins Icy Blue Ointment

Why: It's like putting your pain on ice! Provides quick, cooling temporary relief for muscle aches, minor arthritis pain and simple backache.

What May Help: Watkins Menthol Camphor Ointment (Medicated Ointment)

Why: Provides temporary relief from muscular soreness.

What May Help: Watkins Liniment Pain Relief Spray (US)

Why: Temporarily relieves minor aches and pains of muscles and joints associated with backaches, strains, bruises, sprains, arthritic or rheumatic pain, and pain of tendons, ligaments and tired, aching muscles.

What May Help: Watkins Linimax™

Why: Contains glucosamine which helps to build cartilage, the “shock absorber” of the body and helps to strengthen and protect joints and ligaments.



Testimonials—

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

“I’m writing this letter to praise your product, **White Cream Liniment**. Several weeks ago my friend gave me some of your White Cream Liniment because I was having so much pain in my right knee up to my right hip. I used it, and for the first time in a long time, I was able to sleep through the night. Since then I have recommended it to numerous people who are now grateful for the relief it brings. I gave it to a friend who hadn’t slept for two weeks because of her pain, and after using your Liniment she slept all night.”

—Ruby Fitzpatrick, Illinois

“At a fair recently, a woman was walking past my booth in great pain. I told her to put the **White Cream Liniment** on her legs to see if it would help. She was in so much pain that I had to help her put it on. She was so excited that the pain was gone, that she bought nine bottles and her friend bought four on the spot.”

—Kathryn Knopf, Michigan

“When I am on my feet all day, my feet and ankles often throb with pain and it is difficult to go to sleep. Now, after a long day on my feet, I rub **Watkins White Cream Liniment** on my ankles and feet. Within 10 to 20 minutes I am asleep and the pain is gone.”

—Connie Hogg, Colorado

Nail Conditions

Nail Fungus

Cause: Nail fungus is made up of tiny organisms that can infect fingernails and toenails. Our nails are very effective barriers against infection, but once an infection gets under the nail, the same barrier that helped to protect against infection now makes it difficult to treat. Since fungus like dark and damp places, the nail provides a safe place for it to grow. This is why it's hard to reach and stop nail fungus.



Oral medications are available, but have serious side effects and are not always successful in treating nail fungus. For this reason, topical treatments are recommended first by most health care providers.

What May Help: Watkins Menthol Camphor Ointment (Medicated Ointment)

Why: Personal testimonials indicate potential success with daily use. (see testimonial below)

Testimonial—

These are personal testimonials. Individual results may vary.

“I had a terrible problem with toenail fungus; to the point where the nail was completely gone. I had tried everything I knew of and was unable to find an effective treatment, even after going to several doctors. I started rubbing **Watkins Menthol Camphor Ointment** on the affected area, and within weeks my nail grew back normally and the problem was gone.”

— Robert Faison, Pennsylvania

Nail Problems

Cause: Nutrition plays a major role in nail growth and appearance.

What May Help: Watkins Superfood Multiple (Super Multi), Skin, Hair & Nails (SHN Formula)

Why: Contain vitamins, minerals and essential nutrients to build keratin and other proteins needed for strong, healthy nails.

What May Help: Watkins Old Red Barn and Red Clover Salve

Why: Soothes and heals skin around the nail and cuticle area.

Helpful Hints:

If your nails have ridges, you may be low in B vitamins

If your nails are dry and brittle, you may lack calcium

If you experience frequent hangnails, you may be low in vitamin C and folate.

All these vitamins and minerals are found in Watkins Superfood Multiple (Super Multi).



Testimonial—

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

“Since using **Watkins Skin, Hair & Nails**, I finally have beautiful nails! Friends have asked me what I've been doing to get my nails to grow because they know I've tried a multitude of products over the years. Thanks, Watkins.”

— Barbara Reese, California

Premenstrual Syndrome and Menstrual Concerns

Cause: May be due to imbalance of hormones during second half of menstrual cycle or low levels of the brain chemical, serotonin.

What May Help: Watkins Female Formula

Why: Contains chasteberry, the leading PMS remedy in Europe because it helps to balance hormone levels, and vitamin B-6 which assists in balancing hormones. Also contains magnesium which PMS sufferers are often low in. Magnesium helps to relax muscles which may help to relieve cramping associated with dysmenorrhea.



What May Help: Watkins Osteogen

Why: Contains calcium, shown to help relieve symptoms of PMS. Researchers believe low calcium levels may contribute to hormonal imbalance.

What May Help: Watkins Mood Plus (Balance Plus)

Why: Boosts levels of serotonin. Low levels are associated with PMS.

What May Help: Watkins SoyNilla® (US)

Why: Soy isoflavones help to balance hormone levels, helping to relieve symptoms.

Testimonial—

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

“My symptoms of PMS have become much more manageable after taking **Watkins Female Formula.**”

— **Teresa Carosella, British Columbia**

Respiratory Conditions

Cause: Many respiratory conditions such as colds and flu are caused by viruses that attach themselves to the lining of the nose or throat and then spread through the upper respiratory system. In response, the immune system floods the area with infection-fighting white blood cells. The symptoms of a cold or the flu aren't produced by the viruses, but are actually the result of the body trying to stave off the infection. They are more common in winter, when indoor heating reduces the humidity in the air; this lack of moist air dries out the nasal passages and creates the perfect environment for viruses to reproduce.



What May Help: Watkins Resist Plus

Why: Contains ImmuneEnhancer™, found to be twice as effective as echinacea in boosting the immune system. Also contains elderberry juice concentrate, along with astragalus known as powerful immune boosters.

Helpful Hint: Elderberry juice has been found in several studies to have a specific antiviral effect against the influenza virus. Data from these studies suggest a 50% reduction in both the severity and duration of symptoms in adults and children. Take Watkins Resist Plus daily for the greatest immune-boosting benefits.

What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contains vitamins A, C and zinc, known to keep your immune system at its peak.

What May Help: Watkins Garlic Oil Softgels

Why: Garlic may prevent bacteria from invading tissues. If you often develop a bacterial infection, such as sinusitis or bronchitis, take Watkins Garlic Oil Softgels when you first notice symptoms.

What May Help: Watkins Menthol Camphor Ointment (Medicated Ointment), Menthol Camphor Breathe Easy Relief Mist, Menthol Lavender Breathe Easy Drops, Menthol Camphor Bath Soak.

Why: The natural vapors given off by menthol have been used to give a feeling of relief from stuffiness and have been used in inhalers for many years. Menthol contains natural purifying, antimicrobial properties and causes a cool sensation in the nose.

Testimonials—

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

"I love **Watkins Resist Plus** because I have allergy and sinus problems and since taking Resist Plus I haven't been suffering with either of these, nor have I had a cold or any other upper respiratory problems. It has truly enhanced my life. I am a professional vocalist and cannot get sick!"

— Suzanne Kyc, Michigan

"I used to get sinus infections every month due to allergies. Since I've been using **Watkins Resist Plus** along with **Superfood Multiple**, I have not had any infections, nor any cold or flu symptoms at all. Watkins Superfood Multiple and Resist Plus are saving my family hundreds of dollars in doctor bills."

— Laurie Bird, Arizona

"While I have always looked forward to winter activities, including hockey and skiing, my enthusiasm was always tempered by the knowledge that the inevitable cold or flu would subdue me for lengthy periods. But no more! Since Watkins introduced **Resist Plus**, I have been taking it every day, and I have not suffered from any debilitating illnesses—no cold, no flu—not even for a single day! I can now enjoy outdoor activities all year long. Watkins has truly enhanced my life. Thanks, Watkins!"

— Lorne Kazmir, Saskatchewan

More Testimonials on Back

Respiratory Conditions cont'd

Testimonials—

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

“Before taking **Watkins Resist Plus**, I suffered from frequent colds and flu, as well as allergies and ear infections. Since taking Resist Plus, I have not suffered from any of these. I won't go a day without it!”

— **Beth Berezansky, Michigan**

“My son woke up with a very bad cough and was having trouble breathing. I put **Watkins Menthol Camphor Ointment** on his chest, and immediately his breathing became easier.”

— **Nina Law, Indiana**

“I use **Watkins Menthol Camphor Ointment** to clear up headaches and sinus problems by rubbing on temples, forehead and the back of my neck at the onset of a headache. I also rub it on my feet before going to bed to help stop a headache from starting.”

— **Margaret Czerwinski, Michigan**

Skin Conditions: Chronic

Cause: There are many factors that may contribute to chronic skin conditions, including heredity, hormonal and chemical imbalances within the body, medications, infection, or harmful substances that may have entered the body.

What May Help: Watkins Red Clover Salve

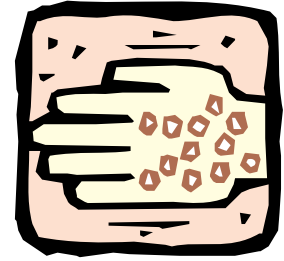
Why: Used for centuries for skin disorders such as psoriasis.

What May Help: Watkins Skin, Hair & Nails (SHN Formula)

Why: Contains essential fatty acids that may be helpful for skin conditions.

What May Help: Watkins Aloe & Green Tea Moisturizing Gel

Why: A study of 60 people with long-standing psoriasis found that applying aloe to skin lesions three times a day for eight months led to significant improvement in 83% of patients.



Helpful Hint: People who smoke 20 cigarettes or more a day (especially women) are twice as likely to develop psoriasis as nonsmokers. One fourth of all psoriasis cases may be related to smoking.

Testimonials—

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

“I’ve suffered from eczema and psoriasis for at least 20 years. The medication I was using caused my skin to thin, blood vessels began to show on my face, and my face became bloated. I was completely dependent on synthetic creams and medication. Finally I started to use a daily supplement regimen which included **Watkins Skin, Hair & Nails (SHN Formula)** and **Watkins Red Clover Salve**. It has helped so much that I no longer use any topical creams or medications except for Skin, Hair & Nails (SHN Formula) and Red Clover Salve. No more painful inflammation, redness, or itchy dry skin. Watkins has given me a renewed self-confidence.”

— **Miles Rothman, Manitoba**

“I’ve endured severe psoriasis since the late 80’s. Side effects from prescriptions outweighed any relief, and standard treatment just made it more comfortable to live with, but did not get rid of it. The treatments also reduced quality of life, as it caused weight gain and dulls sensation. I was totally skeptical when my Watkins Associate told me to try **Petro-Carbo Salve**. I used it on one bad area, just to test it, and I was amazed at how fast my skin returned to normal. Areas that had plagued me for years began clearing in days. The dark blotches left from previously healed areas began fading within 10 days. At the end of my second week, I stopped using my prescription, and now I use only Watkins Petro-Carbo Salve. Thanks, Watkins...I’ll be a customer for life!”

— **David Koyle, Ontario**

Skin Irritations

Cause: Skin irritations such as eczema, dermatitis, or skin rashes are often triggered by an allergy to foods, pollen, animal fur or other substances, as well as dry air, too much sun and stress.

What May Help: Watkins Red Clover Salve

Why: Red Clover and pure natural plant oils help to relieve symptoms of redness, rash and itching.

What May Help: Watkins Skin, Hair and Nails (SHN Formula)

Why: Contains omega-3 concentrate which may help to reduce inflammation.

What May Help: Watkins Petro-Carbo Salve

Why: Helps protect exposed or irritated tissues from reopening during the healing process.

What May Help: Watkins Remedy Cream

Why: When caused by dry conditions, Watkins Remedy Cream seals in the skin's own natural moisture and provides a protective barrier against the harshest conditions.



Testimonials—

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

“We went from doctor to doctor trying to treat my daughter’s eczema but with no success. Finally I decided to try **Watkins Skin, Hair & Nails**, along with **Watkins Red Clover Salve**, and within three weeks her skin looked normal again. It has worked wonders for her, and the doctors are amazed at the difference!”

— Donna Blake, Wisconsin

“I’ve had a problem with redness in my face for years. After using **Watkins Red Clover Salve**, my face is much improved, and getting better all of the time.”

— John Matow, Kentucky

“I have been using **Watkins Red Clover Salve** to help keep a skin rash under control and it works just great! Since being diagnosed with type 2 diabetes, I have noticed that the tips of my fingers heal faster and the skin doesn’t seem to get toughened like it did before I started using the salve. I also use the salve as a night moisturizer on my face, and I noticed that at my recent class reunion, I had much younger-looking skin and fewer lines and wrinkles than many of my classmates.”

— Lula Clausen, Iowa

“I really love your **Petro-Carbo Salve**. I have had a condition called hand dermatitis for about six years and I went to three dermatologists who told me I would just have to live with it; that there was no cure. I was desperate to find something that worked. Then one day I ran into a Watkins Associate and she gave me a sample of the Petro-Carbo Salve. I used it for one full week and after that week I no longer needed to wear gloves. After using it for six months, I’m happy to say that I no longer have to take an oral steroid or have to pay for the steroid medicine for my hands. Your product has been amazing for me in this struggle.”

— Tammy Glatt, Pennsylvania

More Testimonials on Back

Skin Irritations cont'd

Testimonials—

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

“My son suffered serious diaper rash that was very painful, and I tried numerous things, including prescription ointments, but nothing helped until I tried **Watkins Petro-Carbo Salve**. It worked right away and cleared up the rash within one day. I've never used anything else since.”

— Rachel Councill, Ohio

“I am a permanent makeup specialist and trainer through the Society of Permanent Cosmetic Professionals. I use **Watkins Petro-Carbo Salve** to heal the skin at a much faster pace. Normal healing time is 4 weeks, but with Petro-Carbo, it takes only 2 weeks for the skin to heal. Needless to say, my clients are very pleased to have their skin heal so much faster.”

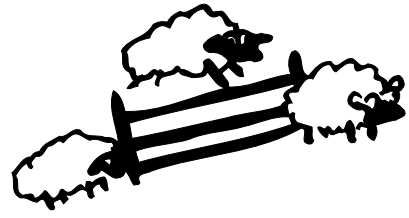
— Polly Parker, Indiana

Sleep Disturbances

Cause: Many underlying causes, but tension, anxiety and depression are often reported with insomnia and other sleep disorders. Dietary and lifestyle factors, physical pain, illness, medications, and even a bad mattress can all contribute to sleeplessness.

What May Help: Watkins Mood Plus (Balance Plus)

Why: Helps to increase levels of serotonin, a natural chemical in the brain that induces sleep.



Helpful Hint: Take two caplets of Mood Plus (Balance Plus) 30 minutes before going to bed to help induce a deeper, more restful sleep.

What May Help: Watkins Osteogen

Why: Calcium promotes muscle relaxation.

Helpful Hint: Take one caplet of Osteogen with evening meal to help promote sleep.

What May Help: Watkins White Cream Liniment, Red Liniment, Analgesic Balm, Icy Blue Ointment

Why: Help to relieve minor aches, which may contribute to sleep disturbances.

Testimonials—

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

“I use **Watkins Mood Plus** as a sleep aid. It helps me to sleep better at night, which helps me to feel better during the day.”

— Lu Bullard, Michigan

“I take 2 **Mood Plus** at night for a very restful sleep. My daughter found so much help in a very stressful job at the hospital that she will not go without Mood Plus. It really calms her down so she can do a much better job with her patients.”

— Charlene Forde, Minnesota

“When I am on my feet all day, my feet and ankles often throb with pain and it is difficult to go to sleep. Now, after a long day on my feet, I rub **Watkins White Cream Liniment** on my ankles and feet. Within 10 to 20 minutes I am asleep and the pain is gone.”

— Connie Hogg, Colorado

Vision Loss

Cause: Vision loss that comes with age is generally the result of free-radical damage, which is caused by unstable oxygen molecules that attack the sensitive cells of the eye.

What May Help: Watkins Eye Care Formula (Watkins Vision)

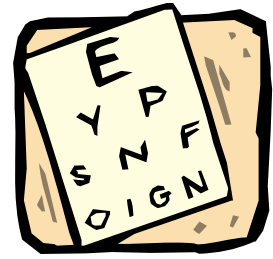
Why: Contains an eye-popping array of antioxidants that specifically target the eye and protect from free-radical damage.

Vitamins C, E, selenium and carotenoids neutralize the free radicals linked to macular degeneration and other degenerative eye disorders.

Lutein and zeaxanthin (found in marigold) protect the eyes, and especially the macula by filtering out the sun's harmful ultraviolet rays.

Zinc and taurine are key to the health and function of the retina.

Bilberry contains potent antioxidants and enhances blood flow to the retina.



Helpful Hint: People with blue or green eyes need to be especially careful. They are particularly susceptible to the sun damage that can cause macular degeneration.

Testimonials—

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

“After having taken prescription steroids, I started to develop glaucoma and cataracts. I began taking **Watkins Eye Care Formula**, and my next test showed no glaucoma and no cataracts, as well as improved eyesight! At over 65 years old, I now rarely ever wear glasses and I can read signs with no glasses when others can't see them with glasses.”

— **Sondra Schimming, Kansas**

“In 1991 I lost the vision in my left eye due to macular degeneration and 1998 I developed it in my right eye. I started taking **Eye Care Formula** in 2002, and since that time my vision has improved in my right eye from 20/60 to 20/40. I will never quit taking Watkins Eye Care Formula.”

— **Janet Howard, Kansas**

“One year after using **Watkins Eye Care Formula**, my ophthalmologist declared that my cataract had not grown and that I had a dramatic improvement in my vision. It was the first time in 50 years that my vision had improved, and the doctor has been prescribing weaker glasses each year of the five years that I have been using Watkins Eye Care Formula!”

— **Ellie Golding, Oregon**

“I had my eyes checked in May of 2000 and had to get new glasses. The doctor also discovered a very small cataract on my right eye. He told me it did not need treatment at that time. In May of 2001 I went back for my yearly checkup and I did not need any correction in my glasses, and the cataract was just the same as one year ago. I returned for my yearly exam in May 2002 and the doctor could not find any signs of the cataract. **Watkins Eye Care Formula** is a great product.”

— **Bob Patton, Kansas**

“My eyes had become so light-sensitive that headlights of oncoming cars blinded me. My wife, Fran, was about to revoke my driving privileges after a number of close calls. Two weeks after beginning **Watkins Eye Care Formula**, my night vision had been fully restored to a healthy level. My eyes are no longer nutrition-starved, and I can drive safely at night again.”

— **Doug Daisey, New Jersey**

Weight Management

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 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)

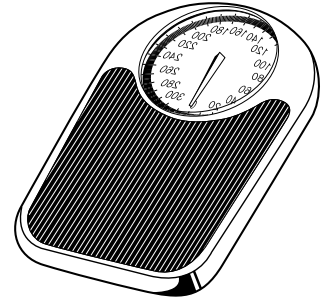
Why: Helps to remove waste and toxins that can lead to weight problems.

What May Help: Watkins Energy Bars

Why: Helps to control cravings and enhance energy levels.

What May Help: Watkins 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