

Watkins Linimax™

your questions answered



Who needs Watkins Linimax™?

- Anyone who suffers from sore or stiff joints*
- Anyone who wants to prevent sore or stiff joints*
- Anyone who wants to maintain strong, healthy joints throughout life*

What is glucosamine?

Glucosamine, the main ingredient in Watkins Linimax™, is a natural compound found in joint cartilage that stimulates the production of cartilage, inhibits its breakdown, and binds water in the cartilage, keeping joints strong and well-lubricated.*

Is glucosamine safe and effective for joint discomfort?

For over 20 years, distinguished physicians around the world have prescribed glucosamine for joint discomfort for one simple reason: *People who take it get better.* They have less discomfort, morning stiffness and swelling, and more mobility — with no side effects.

How does glucosamine work?

Osteoarthritis, which afflicts more than 20 million North Americans, begins with the breakdown of joint cartilage, the spongy material that acts as a cushion where bone meets joint. Without this cushion, bones rub together, causing pain and loss of movement. Eventually, the joint loses its alignment and the ends of the bones thicken and form spurs, which are extremely painful. Scientists have recently discovered that the cause of osteoarthritis is insufficient cartilage production, which means that if cartilage production could be stimulated, arthritis could be prevented — or even reversed — in some patients. The *glucosamine in Watkins Linimax™* stimulates the production of cartilage and inhibits its breakdown, resulting in:

- less joint discomfort and swelling*
- greater movement and joint flexibility*
- strong, healthy, well-lubricated joints for optimum function throughout life*

What is the difference between glucosamine hydrochloride and glucosamine sulfate?

Glucosamine hydrochloride, found in Watkins Linimax™, is 99% pure, whereas glucosamine sulfate, found in some other supplements, is only 74% pure because it must be stabilized by a salt. You would need 2608 mg of glucosamine sulfate to do the same work as 1500 mg of glucosamine hydrochloride. With glucosamine hydrochloride, you get greater purity and benefits with less dosage.

Is Linimax™ more effective than anti-inflammatory medication?

Unlike anti-inflammatory drugs which simply dull the pain after it starts, Linimax™ works on the root of the problem, helping to ease joint soreness and inhibit further progression of symptoms.* It may also help to reverse joint damage in some patients.* And with no risk of the gastrointestinal bleeding often caused by anti-inflammatory drugs, Watkins Linimax™ is clearly a wise choice.

Why choose Watkins Linimax™?

Besides providing the purest form of glucosamine, Watkins Linimax™ provides other natural soothing ingredients:

- *Boswellia Extract and Curcumin reduce the body's production of pain-causing leukotrienes, which are released in response to inflammation.**
- *Whole Grape Extract prevents the breakdown of collagen, the building block of cartilage.**
- *Watkins Ginger contains analgesic properties. Studies show that regular intake can reduce joint discomfort.**
- *Watkins Bio-Activator™ Blend (black pepper, ginger, cellulase plant enzyme)*

Why doesn't Watkins Linimax™ contain chondroitin?

Chondroitin is made up of very large molecules that are extremely difficult for the body to absorb. The absorption rate for chondroitin is between 0 and 8 percent, which means little or no chondroitin can be used by the body. In contrast, glucosamine has a 98% absorption rate,

(a higher absorption rate than most foods and supplements) which means nearly all of the healthful benefits are being utilized by the body. The difference between glucosamine and chondroitin is similar to the difference between crude ore (chondroitin and shark cartilage) and pure gold (glucosamine). While there is gold in crude ore, it is better to use the pure gold if you are trying to make jewelry. Similarly, if you are trying to restore cartilage and joint structures, it is best to use glucosamine, the "crown jewel," rather than chondroitin or shark cartilage.

The effectiveness of glucosamine in supporting healthy joints is well documented. The addition of chondroitin is like adding metal to pure gold. It serves no purpose but to take up valuable space and reduce the quality. Rather than take up space with unusable chondroitin, Watkins chooses to include additional protective ingredients for real health benefits you can feel.

Watkins Superfood Multiple (Super Multi) works synergistically with Watkins Linimax™ by providing ingredients that offer additional benefits.

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

In Canada, this information is for educational purposes only. No claims are being made for this product.

For more information on this and other life-enhancing Watkins Products, consult:

Your Watkins Associate

U.S. Watkins Linimax™

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 Black pepper fruit, ginger root, cellulase plant enzyme	12.5 mg	†

†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.

Canada Watkins Linimax™

Nutrition Information/Information Nutritionnelle :	
per 1 caplet/par 1 caplet	
Glucosamine hydrochloride/Chlorhydrate de glucosamine	375 mg
Boswellia gum-resin/résine gommeuse de Boswellia	75 mg
Curcumin/Curcumine	75 mg
Whole grape extract/Extrait de raisin entier	25 mg
Watkins Proprietary Bio-Activator™ Blend/Mélange Watkins Bio-activateur™ exclusif :	12.5 mg
Black pepper fruit, ginger root, cellulase plant enzyme/ Fruit de poivre noir, racine de gingembre, cellulase de plante	

Other Ingredients: Dibasic calcium phosphate, microcrystalline cellulose, cellulose gum, stearic acid, silicon dioxide, magnesium stearate, resin coating.

Autres ingrédients : phosphate bi-calcique, cellulose microcristalline, gomme de cellulose, acide stéarique, dioxyde de silicium, stéarate de magnésium, enduit résineux.

DIRECTIONS: For adults. Take 1 to 2 caplets 2 times daily with meals or as directed by your doctor.

MODE D'EMPLOI : Pour les adultes. Prendre 1 à 2 caplets 2 fois par jour avec les repas ou selon des directives du médecin.