

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 Resist 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 Resist Plus in the morning and 2 in the evening until symptoms subside; then take 2 caplets daily.

What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contains quercetin, a flavonoid that inhibits the release of histamine, helping to combat allergy symptoms.



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 Resist 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 **Resist Plus** and have had little or no allergy symptoms for over a year.”

— **Dean Gengler, Kansas**

“My oldest son wanted to take **Resist 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 Resist Plus he wasn’t having that reaction when he woke up. It was only when he ran out of Resist Plus and stopped taking it and all of those symptoms came back, that he realized that it was the Resist 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 Resist 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 Resist Plus**. I began to reduce my dosage of medication while taking Resist Plus, and now I am completely off of medication and feeling a lot better while continuing to take Resist Plus.

“I take **Watkins Resist Plus** everyday. When I have a reaction to something in the air or environment, I take another dose of Resist 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 Resist Plus.”

— **Debra Killam, New Brunswick**

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