

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

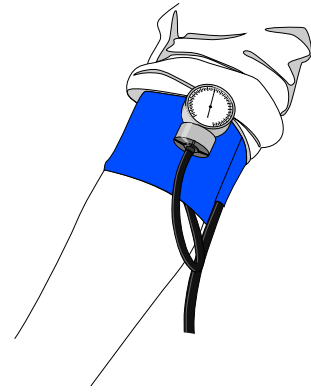
Why: Together, provide vitamin C, calcium, magnesium and other nutrients known to promote healthy blood pressure levels.

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**