

## Carpal Tunnel Syndrome

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**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™**

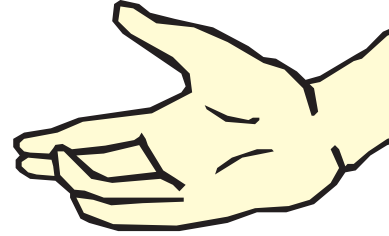
**Why:** Contains glucosamine to help ease discomfort and swelling, and turmeric from curcumin, which may help to ease symptoms associated with inflammation.

**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—**

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

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**