

## Cholesterol / Cardiovascular Concerns

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**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 E+CoQ10**

**Why:** The combination of Coenzyme Q10, vitamin E, selenium and hawthorn improves blood flow, increases strength and energy of the heart muscle, and enhances the heart's pumping ability.

**What May Help: Watkins Superfood Multiple (Super Multi)**

**Why:** Contains several nutrients, including vitamins C, E, B-complex and more to help keep arteries clear and flexible.

**What May Help: Watkins Cinnamon**

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

**What May Help: Watkins SoyNilla® (US only)**

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



### 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.

**See Testimonials on Back**

## Cholesterol / Cardiovascular Concerns cont'd

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### **Testimonials—**

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

“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**

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