

To create your Personal Supplement Profile:

Personalized for _____

- Read the brief description of each Watkins Dietary Supplement below.
- Determine which of the supplements will benefit you the most, based on your Health & Lifestyle Analysis and your priorities at this time.
- Place a (✓) beside the dietary supplements you would like to order, or would like to know more about.

For added benefits, try the additional Life-Enhancing Products listed on the right that correspond to your specific health and lifestyle concerns. Place a (✓) beside the health concern and products you would like to know more about, and contact your Watkins Associate now to discuss solutions for a healthy lifestyle, so you can start looking and feeling great...with Watkins!

PERSONAL SUPPLEMENT PROFILE

- _____ Superfood Multiple (Super Multi)
The foundation of health and well-being*
- _____ Aloe Vera Juice
Used for centuries as a tonic for the digestive system*
- _____ Brain Plus (US only)
Promotes healthy brain function and mental alertness*
- _____ Children's Chewable (US only)
Supports optimal growth and development*
- _____ E+CoQ10 Softgels
Supports healthy heart function*
- _____ Eye Care Formula (Watkins Vision)
Supports health of eyes and promotes normal vision*
- _____ Female Formula
For women's special needs*
- _____ Fruit/Veggie Complex (Watkins Harvest)
Phytonutrients and fruit enzymes help slow aging and promote health*
- _____ Garlic Oil Softgels
Supports heart health and immune function*
- _____ Inner Cleanse/Restore (US only)
Helps to cleanse, refresh, and rejuvenate*
- _____ Linimax™
Helps to maintain strong, healthy joints throughout life*
- _____ Male Formula
For enhanced male health and vitality*
- _____ Mood Plus (Balance Plus)
Supports emotional balance and aids in stress reduction*
- _____ Osteogen
Calcium citrate and more for healthy bones and teeth*
- _____ Reduce Plus (WMS #2)
Helps to control appetite and cravings*
- _____ Resist Plus
Supports a healthy immune system*
- _____ Skin, Hair & Nails (SHN Formula)
Enhances health and appearance of skin, hair, and nails*
- _____ TheraTrim™ (WMS #1)
Boosts metabolism and fat-burning*

*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 these products.

Downloadable online at www.WatkinsOnline.com

ADDITIONAL LIFE-ENHANCING PRODUCTS

- _____ **Blood Sugar Concerns**
Cinnamon
- _____ **Cholesterol/Cardiovascular Concerns**
Grapeseed Oils, Liquid Spices, Cinnamon, SoyNilla® (US only)
- _____ **Cold Sores**
Petro-Carbo Salve
- _____ **Cuts, Scrapes, Broken Skin, Bleeding**
Petro-Carbo Salve, Menthol Camphor Ointment (Medicated Ointment), Cinnamon
- _____ **Fibromyalgia**
Liniment, Analgesic Balm
- _____ **Gum Conditions**
Natural Peppermint Fluoride Toothpaste
- _____ **Hair Problems**
All-Natural Body Oil, Natural Hair Care: Aloe & Green Tea Shampoo and Daily Conditioner
- _____ **Headaches/Migraines**
Peppermint Foot Cream, Icy Blue Ointment, Menthol Camphor Ointment (Medicated Ointment)
- _____ **Joint Pain and Stiffness**
Liniment, White Cream Liniment, Analgesic Balm, Icy Blue Ointment, Pain Relief Spray (US only)
- _____ **Menopausal Symptoms**
SoyNilla® (US only)
- _____ **Motion Sickness/Nausea**
Ginger
- _____ **Muscle Aches**
Liniment, White Cream Liniment, Analgesic Balm, Icy Blue Ointment, Menthol Camphor Ointment (Medicated Ointment), Pain Relief Spray (US only)
- _____ **Nail Conditions**
Menthol Camphor Ointment (Medicated Ointment), Natural Hand & Cuticle Salves
- _____ **PMS/Menstrual Concerns**
SoyNilla® (US only)
- _____ **Respiratory Conditions**
Menthol Camphor Ointment (Medicated Ointment), Breathe Easy Relief Mist, Breathe Easy Drops, Menthol Camphor Bath Soak
- _____ **Skin Conditions (Chronic)**
Red Clover Salve, Petro-Carbo Salve
- _____ **Skin Irritations**
Red Clover Salve, Natural Hand & Cuticle Salves, Petro-Carbo Salve, Natural Body Creams, Ultra-Rich Hand Cream
- _____ **Sleep Disturbances**
Liniment, White Cream Liniment, Analgesic Balm, Icy Blue Ointment, Menthol Camphor Ointment (Medicated Ointment)
- _____ **Weight Management**
SoyNilla® (US only)

For more information contact your Watkins Associate: