

Digestive / Intestinal Concerns

Cause: There are many intestinal disorders with various causes. Suspected causes include bacterial, viral or parasitic infection, overuse of antibiotics, lactose intolerance and adverse reactions to foods.

What May Help: Watkins Aloe Vera Juice

Why: Studies have shown it to be effective in promoting a healthy digestive tract and stimulating bowel function.

What May Help: Watkins Inner Cleanse/Restore (US only)

Why: Helps to speed removal of toxins.

What May Help: Watkins Resist Plus

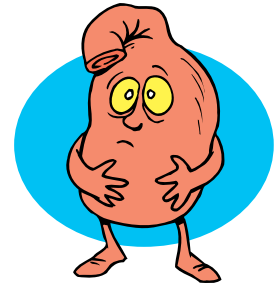
Why: Helps to block invasion of harmful invaders, suspected to be the cause of symptoms. Contain pre- and probiotics and other ingredients that promote intestinal health. Also helps to reduce symptoms of lactose intolerance and helps to maintain healthy intestinal flora, destroyed by antibiotics.

What May Help: Watkins Fruit/Veggie Complex (Watkins Harvest)

Why: Provides fiber and enzymes important for healthy digestion and bowel function.

What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contains concentrates of green foods and global grains along with vitamin C and magnesium which have gentle laxative properties.



Testimonials—

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

“When I began using Watkins dietary supplements, I started with **Watkins Inner Cleanse/Restore**. I had worked around a lot of chemicals, so it was really important for me to cleanse my system, and it really made a difference for me. This is really powerful...I could really feel it working.”

— **Lois Shuck, Kansas**

“I have a very sensitive colon and have tolerated daily pain. When I started taking **Watkins Fruit/Veggie Complex**, I noticed that my stomach was not cramping as usual. If I stop taking it, the pain comes back.”

— **Kathryn Knopf, Michigan**

“I was diagnosed with a hiatal hernia in my 20's, and had tried several things, but nothing worked for me. When Watkins introduced **Resist Plus** with pre- and probiotics, I tried it because I had been reading about the benefits of pre- and probiotics. I have to say that I have been pain-free since I started using Watkins Resist Plus.”

— **Linda Hunter, West Virginia**