

Facial Skin Concerns

Acne

Cause: Acne occurs when the sebaceous glands of the skin secrete too much sebum. This oily substance is normally released from the pores to keep the skin lubricated and healthy but if sebum backs up, pores are blocked and pimples are formed.

What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contains the following:

- Vitamin A - helps to control overproduction of sebum.
- Vitamin B6 - helps to balance levels of acne-related hormones.
- Vitamin C - keeps acne-causing bacteria under control.
- Zinc - promotes healthy hormone levels and immune function.
- Copper - necessary to balance zinc levels.



What May Help: Watkins Skin, Hair & Nails (SHN Formula)

Why: Contains vitamin C, zinc and copper (see above for functions)

Helpful Hint: To get rid of a new pimple fast, cover it at bedtime with **Watkins Peppermint Whitening Anticavity Toothpaste**. Dab a small amount, enough to cover only the pimple itself and not the surrounding skin. In most cases, the pimple size will be reduced in the morning.

Rosacea Symptoms

Cause: Unknown factors cause blood vessels in the skin to lose elasticity and dilate easily. Episodes can be triggered by any stimulus that leads to flushing, including hot or spicy foods or beverages, alcohol or caffeine, stress, menopause and medications (especially niacin and some blood pressure drugs). Antibiotics are often prescribed by a doctor. Check with your doctor before taking additional supplements.

What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contains B vitamins. A deficiency of B vitamins is common in people with rosacea and riboflavin may help to control mite growth. Also contains vitamin A which helps to keep skin cells from hardening, and vitamin C, which strengthens the membranes that line the blood vessels.



Helpful Hint: Everyone has tiny skin mites living in the hair follicles under their skin, but many rosacea sufferers have exceptionally high numbers of them. The B vitamins, especially riboflavin, may help control mite growth.

What May Help: Watkins Resist Plus

Why: A breakdown in the immune system may be the cause of higher numbers of skin mites in people with rosacea. Resist Plus helps to boost the immune system, which may slow growth of skin mites.

Consult your physician before taking any dietary supplements.

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. In Canada, this information is provided for educational purposes only. No claims are being made for any product.

WATKINS
1942