

Fatigue (Physical & Mental)

Cause: In many sufferers, fatigue can be traced to stress, anxiety, depression or lowered immunity and chronic infections, as well as internal imbalances, nutrition deficiencies, sleep disorders and medications. Supplements should be used only when underlying medical conditions have been ruled out.

What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contain B-complex vitamins that support the nervous and immune system and vitamin C which promotes immune function.

What May Help: Watkins E+CoQ10

Why: CoQ10 is required in every cell of the body for energy production. It is produced naturally in the body, but the body produces less as we age. Low levels have been linked to weakness and fatigue.

What May Help: Watkins Brain Plus (US only)

Why: Contains L-tyrosine, brahmi and Siberian ginseng which help to improve focus and concentration and enhance mental alertness.

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

Why: Many symptoms attributed to stress and exhaustion may be associated with a build-up of toxins in the body. Helps to rid the body of toxins and restore intestinal flora.



Testimonials—

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

“**Watkins E+CoQ10** along with **Watkins Superfood Multiple** helped me to wake up in the morning without feeling tired. It simply enhanced my energy level in a way I was not expecting. I can go all day!”

— Linda Hunter, West Virginia

“I found an immediate improvement in my concentration and memory after taking **Watkins Brain Plus**.”

— Glenn Klassen, Manitoba