

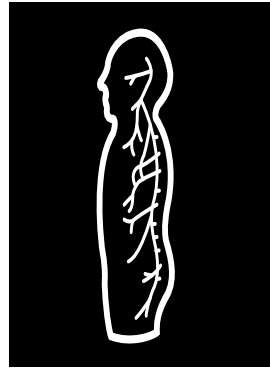
## Fibromyalgia

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**Cause:** Fibromyalgia is characterized by widespread muscle pain and fatigue. The cause is unknown, but thought by some to be due to low levels of serotonin which may produce muscle pain. Others suggest it may be caused by extremely high levels of substance P, believed to transmit pain messages from the body to the brain.

### **What May Help: Watkins Linimax™**

**Why:** Contains glucosamine, boswellia, curcumin and whole grape extract (a source of grapeseed extract) and ginger. Many fibromyalgia sufferers have found Linimax to be very helpful in relieving pain and have been able to resume normal daily functions as a result. Boswellia and curcumin help to reduce the pain associated with inflammation. Glucosamine protects from further damage and helps to repair damage. Ginger provides an analgesic effect.



### **What May Help: Watkins Mood Plus (Balance Plus)**

**Why:** Contains St. John's Wort which helps to raise serotonin levels, which, in turn, helps to improve pain tolerance and improve mood and emotions. This should not be taken along with anti-depressants. Talk to your physician if you are on anti-depressants. The doctor may prescribe a lower dose of anti-depressants while starting Mood Plus (Balance Plus), and keep lowering the dose until you can just take Mood Plus. Also contains rhodiola rosea root which helps to increase energy in those who are exhausted and fatigued. Helps to improve sleep. If having trouble sleeping, take two tablets 30 to 60 minutes before bedtime.

### **What May Help: Watkins E+CoQ10**

**Why:** CoQ10 helps to relieve the symptoms of chronic fatigue syndrome, which often accompanies fibromyalgia. Vitamin E, selenium and hawthorn, found in Watkins E+CoQ10 help to improve circulation and protect from further damage.

### **What May Help: Watkins Superfood Multiple (Super Multi) and Female Formula**

**Why:** Both contain magnesium and vitamin C which are important for people with fibromyalgia. Many people with fibromyalgia are deficient in magnesium. Magnesium is important for energy and muscle relaxation.

Vitamin C with bioflavonoids help to protect muscle cells from damage, which is what leads to pain and other symptoms. Also increases the immune system.

Antioxidant formula: The antioxidant vitamins C, E, beta carotene and selenium help fight the damage that leads to inflammation. Watkins Superfood Multiple, Female Formula and E+CoQ10 contain optimum levels of these antioxidants.

### **What May Help: Watkins Inner Cleanse/Restore (US only), Resist Plus and Aloe Vera Juice**

**Why:** Candida (yeast) infection is common among fibromyalgia sufferers. Inner Cleanse/Restore and Resist Plus contain pre- and probiotics which help to rid the body of "bad" bacteria and replace it with "good" bacteria. The "good" bacteria helps to keep the "bad" bacteria out of the body.

Use Inner Cleanse/Restore first to cleanse the body, get rid of toxins, and allow the good bacteria to overtake the bad. Then use Resist Plus on a daily basis to maintain a high level of good bacteria in the body, and to help keep harmful toxins and bad bacteria out.

Aloe Vera Juice promotes digestion and normal bowel activity.

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

**Why:** Contains fruit enzymes, vitamin C and mixed carotenoids which protect the body from damage that can lead to pain.

### **What May Help: Watkins Liniment and Analgesic Balm**

**Why:** Contain capsicum (red pepper) that produces a warming effect on the skin. Liniment provides relief from the discomfort of minor muscle pain, soreness, stiffness and backache. Analgesic Balm provides quick, temporary relief from minor arthritic and rheumatic aches.

**See Testimonials on Back**

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.

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## Fibromyalgia cont'd

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### Testimonials—

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

“I have fibromyalgia, and since using **Watkins Linimax™**, it has helped me function almost normally again. It has reduced my muscle pain, fatigue, and the flair ups don't come as often. I don't plan on ever living without Linimax™.”

— **Rebecca Metcalf, Michigan**

“My daughter and I have both had great results from using **Watkins Linimax™**: My rheumatologist stopped the NSAIDs, as the results from using Linimax™ were much better, and my daughter was told by a new neurologist that she had the beginning of Fibromyalgia and to take “Linimax™.” This doctor had no idea I was a Watkins Associate, but I guess news travels fast when something really works.”

— **Charlene Forde, Minnesota**

“I've had fibromyalgia for several years and lived with constant pain and had not been able to have a good night's sleep because of the pain. Since taking **Watkins Linimax™**, I am finally able to sleep and I don't hurt nearly as much. With the help of Linimax, I am also able to hold down a full time job, which many fibromyalgia sufferers are unable to do because of the pain. I've introduced Linimax to several others and they are all just as satisfied as I am with Watkins Linimax™.”

— **Joyce Ludwig, Minnesota**

“Having suffered from fibromyalgia and chronic fatigue syndrome for over a decade, I have spent thousands of dollars looking for answers, but did not find any relief until I began taking Watkins Dietary Supplements. My daily supplement regimen includes **Watkins Linimax™** for the pain, **Resist Plus** for my immune system, **Aloe Vera Juice** for digestion, **Garlic Oil Softgels** and **E+CoQ10** for my heart, and **Superfood Multiple (Super Multi)** and **Fruit/Veggie Complex (Watkins Harvest)** to maintain overall health. Before I started taking Watkins Dietary Supplements, I could hardly get through the day. Now, although I still have many difficult days, I am able to tolerate the pain and can function better than I ever have since being diagnosed with fibromyalgia and chronic fatigue. Watkins Dietary Supplements are truly a lifesaver for me!”

— **Cheryl Young, British Columbia**

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DIETARY SUPPLEMENTS