

Hair Problems

Cause: Stress, poor diet, nutritional deficiencies, hormonal changes, underactive thyroid, immune disorders and genetics.

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

Why: Contains essential fatty acids which promote healthy growth and appearance of hair. Various vitamins and minerals such as zinc and biotin promote healthy hair growth and slow hair loss.

What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contains biotin and vitamin B complex to help strengthen hair and prevent excessive hair loss. Also contains all essential nutrients to prevent nutritional deficiencies, a common cause of hair problems.

What May Help: Watkins Female Formula or Male Formula

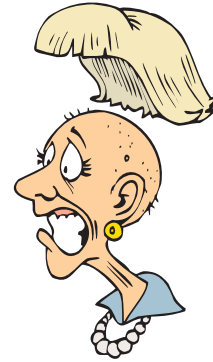
Why: Contains ingredients that help to balance hormone levels naturally, helping to maintain healthy hair.

What May Help: Watkins All-Natural Body Oil

Why: A small amount may help to control frizz.

What May Help: Watkins Aloe & Green Tea Shampoo & Daily Conditioner

Why: Key ingredients moisturize, condition and add shine and body.



Helpful Hint: Scientists found that smokers are 4 times more likely to have gray hair than nonsmokers. They also reported a link between smoking and hair loss.

Testimonial—

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

“I began taking **Watkins Skin, Hair & Nails** several years ago due to thin and breaking hair and soft nails. I took Skin, Hair & Nails for 2 years and then quit taking it because my hair and nails were healthy again. Within a year my hair was again falling out and breaking. I started taking them again every day, and within months my hair improved, and I finally have healthy nails.”

— Janet Howard, Kansas