

Joint Pain and Stiffness

Cause: Joints gradually lose cartilage, the smooth, gel-like material that provides shock absorption and a cushion to prevent bones from touching. Without this cushion, bones rub together, causing pain and loss of movement. Scientists have discovered that the cause of osteoarthritis is insufficient cartilage production, which means that if cartilage production could be stimulated, arthritis symptoms could be prevented in many people.

What May Help: Watkins Linimax™

Why: Contains glucosamine, a natural compound produced in the body that stimulates cartilage production and inhibits the breakdown of cartilage. Also contains boswellia, curcumin and ginger, natural compounds shown to reduce the body's production of pain-causing compounds.



Helpful Hint: Results are experienced within 2 to 8 weeks. Take Linimax™ daily for continued results.

What May Help: Watkins Liniment, White Cream Liniment, Analgesic Balm, Icy Blue Ointment, Pain Relief Spray (US only)

Why: Provides temporary relief from arthritic aches and pains, soreness and stiffness.

What May Help: Watkins Aloe Vera Juice

Why: May aid in healing internal tissues.

Testimonials—

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

“You cannot imagine how taking **Watkins Linimax™** has changed my life. I had been suffering from osteoarthritis, and the pain, stiffness and mobility problems had been increasing for several years. At the time it was necessary to use a cane. I had been taking medications and glucosamine products from other companies, which provided minimal relief at best. When I became a Watkins Associate and changed to Linimax™, the transformation was incredible! I am virtually pain-free and walk at a fast pace at least 2 miles every other day. Thank you, Watkins!”

— Norma Frampton, New York

“**Watkins Linimax™** has changed my life. It used to be a real effort and challenge to get out of bed in the morning, and if I sat on a chair for a half hour or so my joints would be very sore and stiff. After taking Linimax™, I can practically do cartwheels after I “jump” out of bed. No more pain! It’s such a passion with me I actually get tears in my eyes when I tell people my story of how it has changed my life. Thanks, Watkins, for such a wonderful product and the opportunity to share it with others!”

— Ruby Kiihn, Minnesota

“I have been suffering with pain in my hips for years and had been seeing a chiropractor with no relief. I started taking **Linimax™** and didn’t even realize my pain was gone until I ran out of Linimax™ for a couple of days and the pain came right back. Thanks, Watkins, for a good night’s sleep.”

— Nancy Chevalier, Wisconsin

“I have three degenerative discs in my lower back that have given me severe pain for years. At one point I could not even get out of bed in the morning. After getting on a program of 2 **Linimax™** in the morning and 2 in the evening, I have been able to move and walk normally again. Thanks to Watkins Linimax™, I have my life back.”

— Vera McCallum, Manitoba

More Testimonials on Back

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Joint Pain and Stiffness cont'd

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"I've had joint aches and pains for over 20 years and was taking daily doses of pain relievers. After taking **Watkins Linimax™**, the pain is gone, and I no longer have to take pain relievers. I'll use Linimax™ forever!"

— **Fran Daisey, New Jersey**

"I had arthritis in my hands for years, and was eventually diagnosed with carpal tunnel syndrome, as well. I had to wear a brace for the carpal tunnel, and was taking 10 ibuprofen every day just to manage the pain. I started taking **Watkins Linimax™**, and within 2 weeks I noticed a difference. With daily use of Linimax, I am now pain-free and no longer need to take any ibuprofen or pain relievers. Watkins has definitely changed my life!"

— **Barb Birch, Minnesota**

"**Watkins Linimax™** has improved my sore knees more than anything I have been using up to this point. It impressed me so much, I joined the business."

— **Ron Hildebrand, Manitoba**

"For almost a year, I lived in pain from a torn tendon in my shoulder. I had limited movement and tried physical therapy and prescription medication, but nothing helped. Within 3 weeks of taking **Watkins Linimax™**, I had no pain and full movement was restored to my arms and shoulder."

— **Pat Rigg, Illinois**

"My mother switched from a health-food store brand of glucosamine to **Watkins Linimax™** and her pain has improved 10-fold and she will never go back."

— **Laurie Schmitt, Saskatchewan**

"After 25 years of milking cows, my knees finally gave out. I started taking **Watkins Linimax™** and now I have very little pain and the best part is that I can keep up with my grandchildren."

— **Mitch Ballard, Minnesota**

"I've had lower back pain for years. Thanks to **Watkins Linimax™** the pain is almost gone."

— **Bobby Nelson, Alberta**

"I have TMJ disorder in my jaw bone. Since taking **Watkins Linimax™** I no longer wake up in pain."

— **Chrystal Lyons, British Columbia**

"I had a whiplash injury from a car accident and was in pain for 2 years. When **Watkins Linimax™** was introduced, I tried it and the pain was gone in 2 weeks."

— **Linda Sikut, New York**

"I've had joint pain for many years. Some days I could hardly use my hand, it was so painful. About 3 days after trying **Watkins Aloe Vera Juice**, I noticed a difference in my pain, but never thought much about it until I really realized it was getting better. I went off the Aloe Vera Juice for a week, and within days my fingers were starting to swell again. Needless to say it is my daily routine."

— **Elsie Hemming, British Columbia**

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