

Menopausal Symptoms

Cause: As the ovaries gradually stop manufacturing the hormones estrogen and progesterone, menopausal symptoms and the risk of heart disease and osteoporosis increase.

What May Help: Watkins Female Formula

Why: Contains herbs and isoflavones that help to stabilize hormone levels.

What May Help: Watkins Osteogen

Why: Contains calcium citrate, most readily absorbed form of calcium, along with other bone-building vitamins and minerals to maintain healthy bones and reduce the rapid bone loss that comes with menopause.

What May Help: Watkins Mood Plus (Balance Plus)

Why: Helps to promote emotional balance, soothe anxiety and curb appetite, which are common symptoms of menopause.

What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contains vitamins and minerals that may help to ease menopausal symptoms and promote heart health.

What May Help: Watkins SoyNilla® (US only)

Why: Contains soy isoflavones, calcium and magnesium, which help to balance hormones, strengthen bones and protect from heart disease.



Testimonials—

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

“Although I cannot use hormone replacement therapy, my bone density is superb, thanks to **Watkins Osteogen**.”

— Jean Kuehn, Florida

“I was having quite a time with hot flashes until using **Watkins SoyNilla®**. I am using it twice a day, and thanks to Watkins Extracts, I can have different flavors everyday! I haven’t had hot flashes since, and it tastes great, too!”

— Connie Jagnow, Iowa

“I was on hormone replacement therapy for 9 years and slowly weaned off of it while I started taking **Watkins Female Formula**. I don’t have any mood swings or hot flashes and I feel really well since taking Female Formula.”

— Sheryl Priddy, Indiana

“Since taking **Osteogen**, my bones and nails have become stronger and my doctor couldn’t believe how well I have been doing since having a knee replacement.”

— Rosemarie Daniels, Pennsylvania

“I have lost 74 pounds using **Watkins SoyNilla®** and I feel great! I have two SoyNilla® shakes each day, along with Watkins Superfood Multiple and Fruit/Veggie Complex. With Watkins spices and extracts, the combinations are endless, so you can have a different flavor every day! My favorite is chocolate SoyNilla®, chocolate soy milk, a frozen banana and Watkins Peanut Butter Extract in the blender with 3 to 4 ice cubes. Since using Watkins SoyNilla®, not only have I lost weight, but I also have more energy and don’t have hot flashes anymore. I am really sold on Watkins SoyNilla®!”

— Michelle Jaquette, California

“Recently I broke my arm and was in a cast for four months. I started taking **Watkins Osteogen**, and when I went to the doctor to get an x-ray, he couldn’t believe that my bones were getting stronger since taking Osteogen.”

— Susan Freeman, British Columbia

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