

Mood Swings

Cause: No single, underlying cause, although experts believe it is due to an imbalance in the brain's production of neurotransmitters, often triggered by hardship, trauma, stress, lack of sun, and nutritional deficiencies, to name just a few.

What May Help: Watkins Mood Plus (Balance Plus)

Why: Contains St. John's wort, 5-HTP (griffonia simplicifolia) and other ingredients that help to increase production of neurotransmitters in the brain.



Helpful Hint: Many ingredients in Watkins Mood Plus help to increase levels of serotonin, a natural brain chemical that improves mood and aids in appetite control. Many find that food cravings are reduced with regular use of Watkins Mood Plus.

What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contains vitamin C, B-complex and other nutrients that help to ease mood swings.

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

Why: Build-up of toxins in the body can lead to a number of health concerns including mood swings, fatigue and digestive problems.

Testimonials—

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

“Without **Watkins Mood Plus**, I don't think I would be here today. Suffering from chronic pain, a head injury and depression after a car accident, I was at the point of no return. I tried Watkins Mood Plus and it changed my life. I feel like a whole person again.”

— Evelyn Leon, Michigan

“After taking **Mood Plus (Balance Plus)** I was able to discontinue the use of anti-depressants and I no longer have the headaches and bad dreams that were a result of the medications. Thanks to Watkins, I feel great!”

— Marie Strothotte, British Columbia

“Before taking **Watkins Mood Plus**, I had not been sleeping well and had been getting very stressed and irritable. I noticed after taking Mood Plus for about two weeks, I was sleeping better, and daily pressures didn't seem to bother me as much. I also noticed that my children started to be more receptive to me and were able to handle their emotions better because they saw me handling mine much better. My husband now comes home to a much happier family, so Mood Plus is a real life-saver in our home.”

— Dorothy Howard, Wisconsin

“**Watkins Mood Plus** has changed my life from crabby to contentment! My family and friends thank you!”

— Sharon Payne, Illinois

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.

WATKINS