

Muscle Aches

Cause: Physical stress to the muscles and other tissues.

What May Help: Watkins Liniment

Why: Provides relief from the discomfort of minor muscle pain, soreness, stiffness and backaches. Just pat on for soothing relief.

What May Help: Watkins White Cream Liniment

Why: Reduces muscular discomfort due to overexertion, fatigue and strains, provides temporary relief for minor aches and pains associated with simple backache, arthritis, strains, bruises, sprains and stiffness.

What May Help: Watkins Analgesic Balm

Why: A great muscle warm-up. Formulated to provide quick, temporary relief from minor arthritic and rheumatic aches.

What May Help: Watkins Icy Blue Ointment

Why: It's like putting your pain on ice! Provides quick, cooling temporary relief for muscle aches, minor arthritis pain and simple backache.

What May Help: Watkins Menthol Camphor Ointment (Medicated Ointment)

Why: Provides temporary relief from muscular soreness.

What May Help: Watkins Liniment Pain Relief Spray (US only)

Why: Temporarily relieves minor aches and pains of muscles and joints associated with backaches, strains, bruises, sprains, arthritic or rheumatic pain, and pain of tendons, ligaments and tired, aching muscles.

What May Help: Watkins Linimax™ and Superfood Multiple (Super Multi)

Why: Contain ingredients that help to reduce pain-producing compounds.



Testimonials—

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

“I’m writing this letter to praise your product, **White Cream Liniment**. Several weeks ago my friend gave me some of your White Cream Liniment because I was having so much pain in my right knee up to my right hip. I used it, and for the first time in a long time, I was able to sleep through the night. Since then I have recommended it to numerous people who are now grateful for the relief it brings. I gave it to a friend who hadn’t slept for two weeks because of her pain, and after using your Liniment she slept all night.”

— Ruby Fitzpatrick, Illinois

“At a fair recently, a woman was walking past my booth in great pain. I told her to put the **White Cream Liniment** on her legs to see if it would help. She was in so much pain that I had to help her put it on. She was so excited that the pain was gone, that she bought nine bottles and her friend bought four on the spot.”

— Kathryn Knopf, Michigan

“When I am on my feet all day, my feet and ankles often throb with pain and it is difficult to go to sleep. Now, after a long day on my feet, I rub **Watkins White Cream Liniment** on my ankles and feet. Within 10 to 20 minutes I am asleep and the pain is gone.”

— Connie Hogg, Colorado

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WATKINS
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