

## Nail Conditions

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### Nail Fungus

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**Cause:** Nail fungus is made up of tiny organisms that can infect fingernails and toenails. Our nails are very effective barriers against infection, but once an infection gets under the nail, the same barrier that helped to protect against infection now makes it difficult to treat. Since fungus like dark and damp places, the nail provides a safe place for it to grow. This is why it's hard to reach and stop nail fungus.



Oral medications are available, but have serious side effects and are not always successful in treating nail fungus. For this reason, topical treatments are recommended first by most health care providers.

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

**Why:** Personal testimonials indicate potential success with daily use. (see testimonial below)

**Testimonial—**

*These are personal testimonials. Individual results may vary.*

“I had a terrible problem with toenail fungus; to the point where the nail was completely gone. I had tried everything I knew of and was unable to find an effective treatment, even after going to several doctors. I started rubbing **Watkins Menthol Camphor Ointment** on the affected area, and within weeks my nail grew back normally and the problem was gone.”

— Robert Faison, Pennsylvania

### Nail Problems

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**Cause:** Nutrition plays a major role in nail growth and appearance.

**What May Help: Watkins Superfood Multiple (Super Multi), Skin, Hair & Nails (SHN Formula)**

**Why:** Contain vitamins, minerals and essential nutrients to build keratin and other proteins needed for strong, healthy nails.

**What May Help: Watkins Hand & Cuticle Salves**

**Why:** Soothes and heals skin around the nail and cuticle area.

**Helpful Hints:**

If your nails have ridges, you may be low in B vitamins.

If your nails are dry and brittle, you may lack calcium.

If you experience frequent hangnails, you may be low in vitamin C and folate.

All these vitamins and minerals are found in Watkins Superfood Multiple (Super Multi).



**Testimonial—**

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

“Since using **Watkins Skin, Hair & Nails**, I finally have beautiful nails! Friends have asked me what I've been doing to get my nails to grow because they know I've tried a multitude of products over the years. Thanks, Watkins.”

— Barbara Reese, California

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