

Respiratory Conditions

Cause: Many respiratory conditions such as colds and flu are caused by viruses that attach themselves to the lining of the nose or throat and then spread through the upper respiratory system. In response, the immune system floods the area with infection-fighting white blood cells. The symptoms of a cold or the flu aren't produced by the viruses, but are actually the result of the body trying to stave off the infection. They are more common in winter, when indoor heating reduces the humidity in the air; this lack of moist air dries out the nasal passages and creates the perfect environment for viruses to reproduce.



What May Help: Watkins Resist Plus

Why: Contains ImmuneEnhancer™, found to be twice as effective as echinacea in boosting the immune system. Also contains elderberry juice concentrate, along with astragalus known as powerful immune boosters.

Helpful Hint: Elderberry juice has been found in several studies to have a specific antiviral effect against the influenza virus. Data from these studies suggest a 50% reduction in both the severity and duration of symptoms in adults and children. Take Watkins Resist Plus daily for the greatest immune-boosting benefits.

What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contains vitamins A, C and zinc, known to keep your immune system at its peak.

What May Help: Watkins Garlic Oil Softgels

Why: Garlic may prevent bacteria from invading tissues. If you often develop a bacterial infection, such as sinusitis or bronchitis, take Watkins Garlic Oil Softgels when you first notice symptoms.

What May Help: Watkins Menthol Camphor Ointment (Medicated Ointment), Menthol Camphor Breathe Easy Relief Mist, Menthol Lavender Breathe Easy Drops, Menthol Camphor Bath Soak.

Why: The natural vapors given off by menthol have been used to give a feeling of relief from stuffiness and have been used in inhalers for many years. Menthol contains natural purifying, antimicrobial properties and causes a cool sensation in the nose.

Testimonials—

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

"I love **Watkins Resist Plus** because I have allergy and sinus problems and since taking Resist Plus I haven't been suffering with either of these, nor have I had a cold or any other upper respiratory problems. It has truly enhanced my life. I am a professional vocalist and cannot get sick!"

— **Suzanne Kyc, Michigan**

"I used to get sinus infections every month due to allergies. Since I've been using **Watkins Resist Plus** along with **Superfood Multiple**, I have not had any infections, nor any cold or flu symptoms at all. Watkins Superfood Multiple and Resist Plus are saving my family hundreds of dollars in doctor bills."

— **Laurie Bird, Arizona**

"While I have always looked forward to winter activities, including hockey and skiing, my enthusiasm was always tempered by the knowledge that the inevitable cold or flu would subdue me for lengthy periods. But no more! Since Watkins introduced **Resist Plus**, I have been taking it every day, and I have not suffered from any debilitating illnesses—no cold, no flu—not even for a single day! I can now enjoy outdoor activities all year long. Watkins has truly enhanced my life. Thanks, Watkins!"

— **Lorne Kazmir, Saskatchewan**

More Testimonials on Back

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Respiratory Conditions cont'd

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“Before taking **Watkins Resist Plus**, I suffered from frequent colds and flu, as well as allergies and ear infections. Since taking Resist Plus, I have not suffered from any of these. I won't go a day without it!”

— **Beth Berezansky, Michigan**

“My son woke up with a very bad cough and was having trouble breathing. I put **Watkins Menthol Camphor Ointment** on his chest, and immediately his breathing became easier.”

— **Nina Law, Indiana**

“I use **Watkins Menthol Camphor Ointment** to clear up headaches and sinus problems by rubbing on temples, forehead and the back of my neck at the onset of a headache. I also rub it on my feet before going to bed to help stop a headache from starting.”

— **Margaret Czerwinski, Michigan**