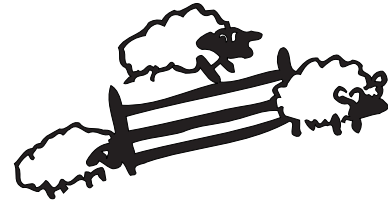


Sleep Disturbances

Cause: Many underlying causes, but tension, anxiety and depression are often reported with insomnia and other sleep disorders. Dietary and lifestyle factors, physical pain, illness, medications, and even a bad mattress can all contribute to sleeplessness.

What May Help: Watkins Mood Plus (Balance Plus)

Why: Helps to increase levels of serotonin, a natural chemical in the brain that induces sleep.



Helpful Hint: Take two caplets of Mood Plus (Balance Plus) 30 minutes before going to bed to help induce a deeper, more restful sleep.

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

Why: Calcium promotes muscle relaxation.

Helpful Hint: Take one caplet of Osteogen with evening meal to help promote sleep.

What May Help: Watkins Liniment, White Cream Liniment, Analgesic Balm, Icy Blue Ointment, Menthol Camphor Ointment (Medicated Ointment)

Why: Help to relieve minor aches, which may contribute to sleep disturbances.

Testimonials—

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

“I use **Watkins Mood Plus** as a sleep aid. It helps me to sleep better at night, which helps me to feel better during the day.”

— **Lu Bullard, Michigan**

“I take two **Mood Plus** at night for a very restful sleep. My daughter found so much help in a very stressful job at the hospital that she will not go without Mood Plus. It really calms her down so she can do a much better job with her patients.”

— **Charlene Forde, Minnesota**

“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**