



Since 1868

TRADE MARK

**HOME BUSINESS
OPPORTUNITY**



Trusted Natural Products
Since 1868

JRWatkins.com

Canada \$3.99



Handcrafted in the USA since 1868 ... Naturally.™

Dear Friends,

As we begin our 146th year of producing only the finest natural products, all of us at the J.R. Watkins Company want to extend our heartfelt thanks for putting your trust in us. Just as our founder J.R. Watkins did when he started this great company in 1868, we strive to give you nothing but the best. Although there have been many changes throughout our long history, what remains a constant are the guiding principles listed below. More than a century ago, our founder called these the "Watkins Way".

We are proud to carry on J.R. Watkins' vision and continue to believe that his way, the Watkins Way, is what makes the J.R. Watkins Company and our products so special.

Thank you again for being a part of this great tradition.

Yours truly,

Mark Jacobs, CEO

The WATKINS WAY

Based on our Founders Principles established over 100 years ago and our goal to be America's most trusted natural products company.

The Highest Quality

We source only the best ingredients worldwide to meet our premium quality standards.

The Best Value

We offer exceptional value for a premium, quality product.

The Neatest Package

We strive to provide a package that is authentic, stylish and convenient for our customers.

The Best Delivery

We aim to exceed our customers' expectations.

The Squarest Terms

We promise to get it right or make it right.

The Fairest Treatment

We treat our customers, our employees and our partners with respect.

The Greatest Uniformity

We provide products that consistently meet our high standards.

The Strictest Integrity

We stick consistently with our values.

The Broadest Guarantee

We invented the money back guarantee in 1868 and continue to stand behind it today.

All of the above Points of Superiority make up THE WATKINS WAY, and you will agree that it is a good way.



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Food items bearing the Kosher symbol have been developed in accordance with Jewish Dietary Laws. Watkins designated kosher certifying agency has examined these items and has approved that they adhere to stringent kosher standards.



See Watkins Natural Gourmet products recommended by the Cooking Club of America.



The Natural Products Association certifies natural personal care products with formulas that are at least 95% natural and made from sustainable resources. Watkins Natural Personal Care line has earned this certification.



The Environmental Protection Agency's *Designed for the Environment* seal ensures cleaning products displaying the seal have been formulated using the safest ingredients for human and environmental health.

Satisfaction Guaranteed

If a Watkins product used in your home is, for any reason, considered unsatisfactory, please return it to your Independent Watkins Consultant for a full refund of the purchase price.

NATURAL GOURMET



A



B



C

Vanilla is the most popular flavor in the world

Original Double Strength Vanilla

A. Watkins award-winning Original Vanilla is made from the world's finest Madagascar Bourbon vanilla beans. Our secret low-alcohol, double-strength formula is the best all-purpose vanilla for baking and freezing. 01008 (11 fl oz/325 mL) **\$16.99 Value Size!**

Double Strength Imitation Clear Vanilla Extract

B. For wedding cakes and other baked goods that need to be pure white, professional bakers choose our colorless Clear Vanilla, which has all of the bake-proof, freeze-proof, double-strength flavor of our famous Original Double Strength Vanilla. 01007 (11 fl oz/325 mL) **\$12.99 Value Size!**

Pure Madagascar Bourbon Pure Vanilla Extract



C. Watkins uses only the finest Madagascar Bourbon vanilla beans, aged to perfection to create our quality pure vanilla. 60400 (1 fl oz/29 mL) **\$4.99**
60387 (2 fl oz/59 mL) **\$6.79**

Few companies can claim a name association with vanilla like Watkins. We have been producing the world's finest vanilla for over 100 years and are recognized as the name in vanilla by hundreds of thousands of loyal customers. We offer a number of different vanillas to fit your needs:

- Original Double Strength Vanilla—Excellent in recipes that require baking or freezing
- Double Strength Imitation Clear Vanilla Extract—All the vanilla flavor without the color
- Pure Madagascar Bourbon Vanilla Extract



Baker's-Sized Extracts

A. Watkins superior quality extracts in a large, value size for serious bakers! (11 fl oz/325 mL)

01009 Almond—**NEW**

01010 Butter

\$13.99 each

All-Natural Pure Extracts

01011 Pure Lemon ☺ **\$14.99**

01012 Pure Vanilla ☺ **\$21.99**

Gourmet Extracts and Flavorings

C. These quality extracts are concentrated—and all backed by the same expertise that has made Watkins Vanilla the choice of generations. (2 fl oz/59 mL)

60380 Almond

60431 Banana

60432 Butter

60445 Caramel ☺

60433 Cherry

60443 Chocolate—Limited Quantities

60434 Cinnamon ☺ —Limited Quantities

60435 Coconut

60378 Hazelnut ☺ —**NEW***

60436 Maple ☺

60452 Pumpkin Spice ☺ —**NEW***

60438 Raspberry ☺

60439 Root Beer ☺

60440 Rum

60441 Strawberry

60389 Vanilla (Clear) ☺

60442 Vanilla Nut ☺ —Limited Quantities

\$4.19 each

60390 Vanilla (Original Double Strength) ☺ **\$4.99**

* Coming in August

All-Natural Pure Extracts

B. Our pure, all-natural extracts are made from natural oils, so they are free of artificial colors and flavors. For pure flavor, come to Watkins. (2 fl oz/59 mL)

60430 Pure Anise ☺

60379 Pure Coffee—**NEW**

60395 Pure Lemon ☺

60437 Pure Mint ☺

\$4.19 each

60391 Pure Almond ☺ **\$4.99**

60392 Pure Orange ☺

60394 Pure Peppermint ☺

*baking with
gourmet ingredients*



Purest Ground Cinnamon ☺ All-Natural

D. Our award-winning, high-oil Korintje cassia cinnamon has been a part of family rituals for more than 100 years. With about twice as much flavor as the Ceylon variety, it's the best quality cinnamon available anywhere. Watkins high-oil Korintje cassia contains 3 to 3.5% essential oil, while many others contain only 1 to 2%. Some inferior brands contain as low as .5%!

01115 (6 oz/170 g) **\$10.49**

Purest Granulated (not ground) Black Pepper ☺ All-Natural

E. At Watkins, we buy top-quality Malabar and Lampong peppercorns (the two most potent varieties), carefully screen out fillers and stems, then granulate (not grind) them through our exclusive process that preserves their high essential oil content. Experience the Gold Medal-winning taste of the most flavorful pepper on the market!

60396 (2 oz/56 g) (not shown) **\$5.99**

00581 (4 oz/113 g) (not shown) **\$7.99**

01140 (6 oz/170 g) **\$12.99**

01141 (12 oz/340 g) **\$22.49**

Lemon Chicken

- 2 tbsp/30 mL **Watkins Grapeseed Oil**
- 1 small onion, finely chopped
- 4 chicken breasts, skinned and boned
- 1 tbsp/15 mL parsley
- 1-1/2 cups/375 mL water
- 2 tsp/10 mL **Watkins Chicken Soup & Gravy Base**
- 1 tbsp/15 mL honey
- Juice of 1 lemon
- 2 tsp/10 mL cornstarch
- 1 tbsp/15 mL water
- Zest of 1 lemon
- Watkins Coarse Sea Salt** and **Watkins Whole Black Peppercorns** to taste



Boil 1-1/2 cups/375 mL water and add Chicken Soup Base. Set aside. Heat grapeseed oil in large skillet. Add onions. Cook for 3 to 4 minutes. Add chicken breasts and brown lightly. Add parsley, chicken broth, honey, salt and pepper to taste and lemon juice. Cover pan and simmer gently for 20 minutes. Using slotted spoon, remove chicken and keep warm. Blend cornstarch and remaining water to a smooth paste. Add small amount of the cooking liquid and blend. Add mixture to pan and stir until sauce thickens. Serve over rice or pasta.



A



E

F

All-Natural Gourmet Grinders

A. Satisfy your craving for seasonings with Watkins grinders. These disposable grinders have a unique, eye-catching design, and the top-quality ingredients inside will please your palate. The grinders are convenient and easy to use—just twist to grind.

- 30531 Coarse Sea Salt* (3.1 oz/90 g)
- 30532 Four Peppercorn Blend* (1.6 oz/48 g)
- 30533 Garlic Peppercorn Blend (2.2 oz/65 g)
- 30539 Garlic Sea Salt (2.65 oz/75 g)—**NEW**
- 30537 Lemon Pepper (2.40 oz/68 g)—**NEW**
- 30541 Steak & Chops Seasoning* (1.9 oz/54 g)

\$6.99 each

*Limited Quantities

All-Natural Gourmet Herb & Spice[®] Onion & Garlic Pepper

B. The great combination of onion and garlic joins our premium granulated pepper for an all-purpose savory blend!

32006 (2.29 oz/65 g) **\$7.99**

the spice of life—naturally



C-D

All-Natural Grapeseed Oil for dipping and cooking

C. Our all-natural grapeseed oil is lower in saturated fat and higher in unsaturated fats than nearly all other oils. One of the only foods shown to both lower LDL (“bad”) cholesterol and increase HDL (“good”) cholesterol, its antioxidant content makes it not only healthy, but very stable. A high smoke point makes it perfect for grilling or sautéing. (12.6 fl oz/374 mL)

31535 (12.6 fl oz/374 mL) **\$15.99**

All-Natural Garlic Grapeseed Oil Liquid Spice

D. Add “fresh from the garden” taste with no peeling, no chopping, and no mincing! Our concentrated, all-natural Liquid Spice has all the flavor of fresh aromatics with the convenience of dried.

31892 (5 fl oz/148 mL) **\$10.99**

Soup and Gravy Bases

E. Whip up delicious stocks, gravies and sauces without hassle. Real beef, chicken, mushrooms and other wholesome ingredients provide homemade flavor without expensive canned soups and overly-salty bouillon cubes.

- 31175 Beef (8.29 oz/235 g)
- 31176 Chicken (8.29 oz/235 g)

\$11.49 each

31177 Mushroom (7.58 oz/215 g) **\$11.99**

Dessert and Frosting Mix

F. Get the goodness of homemade with the convenience of a mix! Makes 23 servings of luscious puddings, pies, sauces, fillings and frostings. (Recipes are included.)

31014 Chocolate (6.71 oz/190 g) **\$11.49**



G

Cinna-Cream Sprinkles— Limited Quantities

G. Combine Watkins Cinnamon with the sweet, creamy taste of vanilla icing, and suddenly your morning toast tastes like a cinnamon bun! Just sprinkle on buttered toast; also great on cereal or oatmeal.

25310 (5.64 oz/160 g) **\$9.99** ~~11.99~~



H-I

Cooking Spray

H. Non-stick butter-flavored cooking spray lets you achieve virtually fat-free cooking. Nearly 1,600 servings per can!

31040 (14 oz/397 g) **\$10.99**

Baking Powder

I. Our double-acting baking powder is made without any aluminum compounds.

01039 (9.24 oz/262 g) **\$7.99**



A

Gourmet Snack & Dip Seasoning

A. Create crowd-pleasing dips, spreads, cheese balls, and more with our versatile Gourmet Snack & Dip Seasoning. Just mix with regular or low-fat sour cream, pureed cottage cheese, plain yogurt or cream cheese to make a variety of tasty snacks. 32055 Cucumber & Dill (3.9 oz/110 g) **\$11.99**



B

C

Guacamole Snack & Dip Seasoning—NEW

B. Just what your avocados have been waiting for... Watkins Guacamole Snack & Dip Seasoning. Made with lime juice, garlic powder and other natural spices to create a creamy dip your taste buds can't refuse. Easy to prepare, mash 2 avocados and mix in dip as directed on the label. Serve with chips and enjoy. 36700 Guacamole Snack & Dip Seasoning (3.88 oz/110 g) **\$11.99**

Salsa Snack & Dip Seasoning—NEW

C. Make salsa simple with Watkins Salsa Snack & Dip Seasoning. Made with minced onion, garlic powder and a hint of jalapeno pepper it adds just the right amount of heat to excite your palate. Prepare with your own fresh vegetables or use canned diced tomatoes for a quick, easy and delicious salsa. 36701 Salsa Snack & Dip Seasoning (3.88 oz/110 g) **\$11.99**



D

Country Gourmet Gravy Mix

D. Turn biscuits and mashed potatoes into a hearty meal with this rich and comforting mix. Just add water, simmer and enjoy! 35704 (6.8 oz/195 g) **\$11.99**

Quick Homemade Salsa

Dice 1 pound of fresh tomatoes or drain 14.5 oz./428 mL can of diced tomatoes in bowl. Add 2.5 tbsp/37.5 mL of **Salsa Snack & Dip Seasoning** and stir until mixed. Chill for 30 minutes before serving.

Customize this dip by adding diced onion. For more heat add fresh diced jalapeños.

BODY CARE



E

F

G-J

Foot Repair Salve

E. This salve is 99% natural and specifically blended to soothe and restore the skin on overworked or callused heels and toes. 20480 (2.1 oz/59 g) **\$10.99**

Rejuvenating Foot Cream

F. Formulated with pure peppermint oil, our 98-99% natural foot care products will provide a burst of tingling, aromatic peppermint while rejuvenating dry, aching feet. 20478 (11 fl oz/325 mL) **\$11.99**

Weatherproofing Lip Balm

K. Guard your lips from the elements with this lightweight, raspberry-flavored formula that is 100% natural. It's ideal for use during outdoor activities. 23534 (0.15 oz/4.25 g) **\$3.99**

Natural Beeswax Lip Balm

L. Premium beeswax, vitamin E and shea butter work together to protect dry, chapped lips. Our lightweight formula is 100% natural and flavored with a hint of pure peppermint. 13533 (0.15 oz/4.25 g) **\$3.99**

Medicated Lip Balm

M. Menthol and camphor team up in this 100% natural formula to hydrate severely chapped, cracked or windburned lips. 33535 (0.15 oz/4.25 g) **\$4.99**

K-M



Anti-Aging Cream Body Wash—NEW

G. This innovative, ultra-moisturizing cream wash combines gentle plant-based cleansers with substantive emollient ingredients to deliver an ultra-soft skin feel unlike any other body wash. Perfect for daily cleansing and shaving! 20303 (10 fl oz/296 mL) **\$10.99**

Anti-Aging Body Serum—NEW

H. Oil-based serum provides concentrated skin nourishment to improve the look and feel of your skin—naturally! Best applied to damp skin immediately after cleansing. 20301 (4 fl oz/118 mL) **\$9.99**

Anti-Aging Body Cream—NEW

I. Delivers rich, pure-plant emollients plus age-defying antioxidants for soft, supple skin. Layer on skin after application of Anti-Aging Body Serum to lock in moisture for long-lasting effects. 20300 (8 oz/226 g) **\$13.99**

Anti-Aging Hand Cream—NEW

J. A non-greasy, velvety cream enriched with age-defying antioxidants to help maintain youthful-looking hands. Massage into hands, nails and cuticles to nourish and protect. 20302 (4 oz/113 g) **\$10.99**

• Plus GST/HST



Body Butters

A. Nourishing shea and cocoa butters provide long-lasting hydration, while antioxidant rich plant oils and extracts help protect, soothe and smooth skin. (6 oz/170 g)

- 20561 Apricot & Pequi Oil
- 20563 Coconut Milk & Honey
- 20562 Grapefruit & Ginger
- 20564 Lavender & Roman Chamomile

\$12.99• each

Hand Creams

B. Natural shea and cocoa butters are whipped together with more than 10 natural oils and extracts to protect, soothe and condition delicate skin. This 96-98% natural moisturizer is ideal for rough areas (such as hands and feet) or for use as an all-over body moisturizer. (3.3 oz/95 g)

- 40507 Aloe & Green Tea
- 40508 Lavender
- 40509 Lemon Cream

\$10.99• each

Pomegranate & Acai Body Care—**NEW**

D-G. J.R. Watkins is excited to offer a new line of body care products, Pomegranate & Acai. Our body care products have been created to provide nourishment and moisture to the skin, leaving your skin soft and smooth. Our products are 97-99% natural formulas, which protect and pamper your skin.

NEW Pomegranate & Acai body care offers:

- Natural antioxidants
- Nutrient-rich fruit with natural skin care ingredients
- Daily nourishment and moisture
- Natural pomegranate fragrance

20556 **Sugar & Shea Body Scrub** (8 oz/226 g) **\$14.99•**

20555 **Bath & Body Oil** (4 fl oz/118 mL) **\$9.99•**

20554 **Hand & Body Lotion** (11 fl oz/325 mL) **\$11.99•**

40557 **Hand Cream** (3.3 oz/95 g) **\$10.99•**

Body Oil Mists

H. Rich moisturizing sprays are formulated with apricot kernel oil and vitamin E. Perfect for dry skin, the oil is quickly absorbed, leaving skin with a dry, soft feel. (6 fl oz/177 mL)

- 20447 Coconut Milk & Honey
- 20444 Grapefruit
- 20452 Lavender

\$9.99• each



Sugar and Shea Body Scrubs

C. Sugar and shea butter work with natural oils to gently exfoliate and moisturize; this 100% natural formula will leave skin smooth and soft. (8 oz/226 g)

- 20511 Coconut Milk & Honey
- 20443 Grapefruit
- 20451 Lavender

20454 Lemon Cream—**NEW**

\$14.99• each



Bath & Body Oils

I. A luxurious blend of natural oils regarded for their anti-aging and nourishing qualities, these 99-100% natural oils hydrate skin. They are perfect for cuticle care or massages, too! (4 fl oz/118 mL)

- 20512 Lavender
- 20448 Lemon

\$9.99• each



Lavender Essentials

J. Widely used in aromatherapy applications, lavender oil is well known for its calming properties.

Contains:

- 2 Lavender Hand & Body Lotions (1 fl oz/29 mL each)
- 1 Lavender Bath Soak (1 oz/28 g)
- 1 Lavender Hand Cream (0.7 oz/20 g)
- 1 Lavender Body Butter (0.7 oz/20 g)
- 2 Raspberry Weatherproofing Lip Balm (0.15 oz/4.25 g each)

20545 **\$18.99•**

• Plus GST/HST



A

B

C

*care for your
little one...naturally!*



E-H

On The Go! Kit

A. Take J.R. Watkins personal care products wherever your on-the-go lifestyle takes you.

Contains:

- Lavender Hand & Body Lotion (1 fl oz/29 mL)
- Lemon Cream Hand & Body Lotion (1 fl oz/29 mL)
- Aloe & Green Tea Hand Cream (0.7 oz/20 g)
- Natural Beeswax Lip Balm—stick (0.15 oz/4.25 g)

20531 **\$11.99•**

Lotion Devotion Kit

B. This medley of natural lotions smoothes and nourishes skin naturally with a formula that includes 10 natural oils and extracts.

Contains:

- Aloe & Green Tea Hand & Body Lotion (1 fl oz/29 mL)
- Lavender Hand & Body Lotion (1 fl oz/29 mL)
- Lemon Cream Hand & Body Lotion (1 fl oz/29 mL)
- Coconut Milk & Honey Hand & Body Lotion (1 fl oz/29 mL)
- Rejuvenating Peppermint Foot Cream (1 fl oz/29 mL)

20537 **\$13.99•**

A Few of Our Favorite Things Kit

C. A collection of some of our best-selling apothecary items, this kit is perfect for sampling, traveling or gift-giving!

Contains:

- Lavender Bath & Body Oil (1 fl oz/29 mL)
- Coconut Milk & Honey Hand & Body Lotion (1 fl oz/29 mL)
- Raspberry Weatherproofing Lip Balm (0.15 oz/4.25 g)
- Foot Repair Salve (0.25 oz/7 g)
- Lemon Cream Hand Cream (0.7 oz/20 g)

20440 **\$10.99•**



D

Hands & Feet Retreat Kit

D. Refresh hardworking hands and tired soles with this delightful set that contains everything you need to keep your hands and feet groomed to perfection.

Contains:

- Foot Repair Salve (2.1 oz/59 g)
- Lavender Hand Cream (3.3 oz/95 g)
- Custom nail buffer and file

20438 **\$14.99•**

Baby Care—Natural from the start...

Use J.R. Watkins Naturals Baby Care line to care for your little one without worry. Made with ingredients as wholesome and harmless as your baby, our products are free of synthetic preservatives, fragrances and dyes.

Baby Oil

E. 100% natural blend of oils and vitamin E provides deep, long-lasting moisture.

20492 (4 fl oz/118 mL) **\$8.99•**

Baby Lotion

F. Natural shea butter and sunflower oil in a light, fast-absorbing formula work together to provide all-day moisture that leaves skin smooth, soft and nourished.

20496 (8 fl oz/237 mL) **\$9.99•**

Baby Wash

G. Tear-free formula that is 100% natural suds up to gently cleanse skin and hair, leaving baby clean and refreshed.

20495 (7.5 fl oz/222 mL) **\$9.99•**

Soothing Baby Balm

H. Formulated with chamomile and calendula extracts, this 100% natural balm helps gently relieve minor skin irritations.

20493 (0.6 oz/17 g) **\$8.99•**



Hand and Cuticle Salves

I. Formulated with a premium beeswax base, these salves incorporate natural oils that moisturize, nourish and revitalize hardworking hands. Use these 98-100% natural products to protect hands from harsh elements. (2.1 oz/59 g)

- 10490 Aloe & Green Tea
- 20481 Lavender
- 20521 Lemon

\$10.99• each

• Plus GST/HST

HOME CARE



Moisturizing Hand Soaps—**NEW**

A. Our skin softening formula includes mild plant-derived formula with Vitamin E, aloe and glycerin to clean and nourish skin and soften hands. (11 fl oz/325 mL)

23056 Pomegranate & Acai
23057 Sweetgrass & Citron
\$5.79• each



Natural Liquid Hand Soaps

B. Formulated with premium natural ingredients and essential oils, these hardworking soaps will leave hands exceptionally clean and smooth. (11 fl oz/325 mL)

23050 Aloe & Green Tea
23055 Grapefruit
23052 Lavender
23051 Lemon
\$5.79• each



All Purpose Wipes

D. Effortlessly wipe away dirt and grime with these durable, disposable, all-purpose wipes. Because they are biodegradable, you can toss them without harming the environment. (35 wipes)

26701 Aloe & Green Tea
26702 Lemon
\$8.79• each



Window Cleaners

E. Use this cleaner on your mirrors, glass tabletops and other hard surfaces around your home. The easy-to-use, spray and wipe formula gently lifts away dust, grime and fingerprints. (24 fl oz/710 mL)

26798 Aloe & Green Tea
26797 Lemon
\$4.99• each



Natural Foaming Hand Soaps

C. The moisturizing foam in our premium hand soaps gently cleanses the skin, while our signature fragrances leave hands smelling fresh. (9 fl oz/266 mL)

20623 Aloe and Green Tea
20624 Coastal Breeze—
Limited Quantities
20622 Grapefruit
20625 Kids' Juicy Sweet Apple—
Limited Quantities
20626 Lemon—**NEW**
\$5.99• each



Eco-Friendly Reusable Bag*

F. Never use harmful plastic bags again! Instead, opt for this eco-friendly bag that can hold up to 20 pounds. It's perfect for the grocery store, a trip to the mall, a stop at the gym or even as an overnight bag. 09697 **\$6.99•**

* May ship different than shown



Watkins Laundry Detergent*

G. Our most earth-friendly, high-performance formula ever is biodegradable and free of phosphates, dyes and fragrances. Ideal for high-efficiency machines, the ultra concentrated, low-sudsing formula delivers on clean, while keeping the cost per wash lower than many alternative brands. (5 lbs/2.2 kg) 06738 **\$17.99•**

*Newer front-loading washers require only 1/8 cup of this detergent, for a yield of 80 loads per box. Standard washing machines will use 1/4 cup per wash (40 loads per box).

• Plus GST/HST



A

Liquid Dish Soaps

A. Natural, earth-friendly formulas are tough on grease but easy on your hands, your home and the environment. J.R. Watkins Natural Liquid Dish Soaps are free of phosphates, dyes, Sodium Lauryl Sulfate and Cocamide DEA. (24 fl oz/710 mL)

- 36771 Aloe & Green Tea
- 36778 Grapefruit
- 36773 Lavender
- 36772 Lemon
- 36774 Orange Citrus

\$5.99• each

Natural Sink Sets—Limited Quantities

B. Take care of hardworking hands with J.R. Watkins Sink Sets, featuring a natural hand soap and hand & body lotion packaged in a sturdy, water-resistant caddy (embossed with the J.R. Watkins logo). Unlock the secret to naturally clean, soft hands!

Aloe & Green Tea Set includes:

- Aloe & Green Tea Natural Hand Soap (11 fl oz/325 mL)
- Aloe & Green Tea Natural Hand & Body Lotion (11 fl oz/325 mL)

20472 **\$21.99•**

Lavender Set includes:

- Lavender Natural Hand Soap (11 fl oz/325 mL)
- Lavender Natural Hand & Body Lotion (11 fl oz/325 mL)

20467 **\$21.99•**

Lemon Set includes:

- Lemon Natural Hand Soap (11 fl oz/325 mL)
- Lemon Cream Natural Hand & Body Lotion (11 fl oz/325 mL)

20469 **\$21.99•**



B



C

All Purpose Cleaners

C. J.R. Watkins Natural All-Purpose Cleaners quickly remove grease and grime from most surfaces in your home (including appliances, sinks, countertops, floors, walls, fixtures and more)—without the harsh toxins found in other all-purpose cleaners! (24 fl oz/710 mL)

- 26781 Aloe & Green Tea
- 26787 Grapefruit
- 26783 Lavender
- 26782 Lemon

\$5.99• each



D

Orange Citrus Tub & Tile Cleaner

D. Drive away hard water stains and soap scum with this environmentally-friendly cleaner that is safe for your septic system. This cleaner will leave your bathroom tub, tile and fixtures spot-free

26788 (24 fl oz/710 mL)
\$5.49•



E

Room Fresheners

E. Eliminate odors and create a delightful atmosphere in any room of your home with just a light spray. Each bottle contains more than 600 sprays. (4 fl oz/120 mL)

- 36721 Aloe & Green Tea
- 36725 Lavender
- 36722 Lemon

\$5.49• each

• Plus GST/HST

NATURAL REMEDIES

*find relief with
watkins remedies*



A-C

Watkins Insect Repellents

Watkins Great Outdoors Insect Repellents, with doctor-recommended DEET, provide proven safe protection against Lyme disease-carrying ticks, encephalitis-carrying mosquitoes, biting flies and other pests.

Insect Repellent Pump Sprays

A. These non-aerosol pump sprays repel mosquitoes, black flies, deer flies, stable flies, ticks and fleas. The low level 5 percent DEET formula is ideal for kids or anyone looking for short-term protection. The higher level 30 percent DEET formula is ideal for anyone spending six hours or more outdoors.

33086 (150 mL) Kids **\$9.99**

33085 (150 mL) Adult **\$10.99**

Insect Repellent Spray

B. Repels stable flies, black flies, mosquitoes, ticks and fleas.

33075 (175 g) **\$14.99**

Insect Repellent Lotion

C. Repels mosquitoes, black flies, deer flies, stable flies and ticks.

33077 (240 mL) **\$14.99**

33079 (80 mL) **\$8.99**

33081 (45 mL) **\$5.99**



D

Family Defense Insect Repellent Sprays

D. Our new Family Defense Insect repellent sprays are proven DEET protection for your entire family! Choose a 10 percent DEET aerosol spray (regular scent) or a 7.5 percent DEET pump spray (Outdoor Fresh scent) to keep your family bug-free during picnics, sporting activities, hikes or any other outdoor activity.

33097 (200 mL) 7.5 % DEET Pump Spray (Outdoor Fresh scent) **\$10.99**

33098 (175 g) 10% DEET Aerosol (regular scent) **\$12.99**



E-G

Menthol Camphor Relief Mist

E. Diffuse a penetrating blend of menthol, eucalyptus, camphor and thyme into the air, and let the vapors of this 96.18% natural mix help you breathe—especially during cold season. Each bottle contains over 600 sprays.

32340 (4 fl oz/120 mL) **\$10.99**

Menthol Camphor Bath Soak

F. Soothe away aches and pains with this relaxing blend of lavender, eucalyptus, menthol and camphor that is 99.25% natural. Just a bit of this unique blend offers the ultimate in relaxation.

32305 (14 oz/400 g) **\$11.99**

Menthol Lavender Drops

G. Just a few drops of this all-natural (100%) blend made of menthol and lavender will clear your head and let you breathe easier.

02351 (2 fl oz/60 mL) **\$17.99**

Medicated Ointment

H. This cooling product helps relieve the congested feeling of a chest cold and suppresses the accompanying cough. The rub also provides temporary relief of arthritic and rheumatic pain, backache, sprains, strains, lumbago and bruises.

36614 (4.13 oz/117 g) **\$10.99**

Petro-Carbo First Aid Salve

I. A staple for every medicine cabinet and first aid kit, this versatile product (made from carbolic acid and botanicals) relieves pain and itching associated with minor cuts, scrapes, burns, skin irritations and insect bites.

36618 (4.37 oz/124 g) **\$15.99**



H

I

• Plus GST/HST



DIETARY SUPPLEMENTS

*solutions for healthy living...
for every stage of your life.*



Pain Relieving Liniment

A. J.R. Watkins first product is a one-of-a-kind pain reliever made from camphor and capsicum. This 96.5% natural formula absorbs quickly to ease the discomfort caused by minor muscle aches and stiffness.

32317 (11 fl oz/325 mL) **\$14.99•**

Pain Relieving Liniment Spray

B. The natural pain-relieving properties of camphor are blended with the penetrating power of menthol to create a convenient, fast-acting spray that is 96% natural. Sore muscles and arthritis pain have met their match!

32350 (4 fl oz/118.3 mL) **\$10.99•**

Deep Muscle Cooling Gel

C. Cool and soothe muscle aches, simple back pain, and minor arthritis with this 97.2% natural menthol formula that works much like an ice-pack.

32309 (3.3 oz/93.6 g) **\$9.99•**

Deep Muscle Warming Balm

D. Wintergreen extract (natural menthyl salicylate), menthol, and capsaicin join forces to warm muscles naturally. The greaseless formula is 99% natural, and it penetrates quickly to relieve muscle aches and minor arthritis.

32311 (3.3 oz/93.6 g) **\$9.99•**

White Cream Liniment

E. This creamy lotion uses evergreen-based counterirritants to provide temporary relief from arthritic pain and muscle soreness caused by exertion.

32316 (11 fl oz/325 mL) **\$16.99•**



• Plus GST/HST

Supplements for Daily Health



Daily Vitamin

This antioxidant-rich formula contains optimal amounts of vitamins and minerals to support healthy aging, boost immunity and enhance physical and mental performance.*

32288 Daily Vitamin (90) **\$31.99•**



Immune Support Vitamin C

One capsule contains 1000 mg of vitamin C to protect from free radicals and aid in recovery from daily stress.*

32289 Vitamin C (90) **\$29.99•**



Weight Management Healthy Metabolism

Chromium helps maintain healthy metabolism to support weight control.*

32294 Healthy Metabolism (100) **\$29.99•**



Energy

This formula balances the natural effects of green tea, cayenne and caffeine to temporarily promote alertness, endurance and relieve fatigue.*

32293 Energy (90) **\$31.99•**



Healthy Aging Bone Health

Calcium citrate—the most bioavailable form of calcium—combines with vitamin D, Magnesium and other bone-building ingredients to enhance calcium absorption and help maintain bone health.*

32292 Bone Health (90) **\$28.99•**



Eye Health

Lutein, bilberry, and vitamin A help support optimal eye function and vision, helping to slow vision loss that comes with aging.*

32290 Eye Health (90) **\$39.99•**



Omega-3 Fish Oil

Help maintain your cardiovascular health and keep cholesterol levels in check with Omega-3 fatty acids EPA and DHA.*

32291 Omega-3 Fish Oil (70) **\$29.99•**



Joint Health

Glucosamine helps to keep joints cushioned and well-lubricated, easing joint pain and stiffness.*

32296 Joint Health (90) **\$33.99•**

*Combine with a sensible eating and exercise program. Consult a physician before starting any weight loss or exercise program.

Pain Relieving Liniment

J.R. Watkins first product introduced in 1868!

White Cream Liniment

Time-tested: Since 1915!

Pain Relieving Liniment Spray

Over 600 sprays!

Shipping is FREE for orders over \$100
For orders of \$0 to \$99.99 shipping is \$11.95

Eleisia Whitney ID# 335001
Independent Watkins Consultant

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\$19.95 Sign Up Special Through December 2014
for an Electronic Membership

\$39.95 for Paper Membership Packet

"Watkins has been a great opportunity for us to supplement our income and still have flexibility! We have enjoyed introducing Watkins products to our community and watching our customer base grow, along with helping others recognize and achieve their own dreams of working at home."
– Tonya Zomer & Michelle Hoogendoorn
Independent Watkins Managers



"Watkins has given me the freedom to choose how much I want to work. I can fit it in around my own schedule while I stay home and spend time with my children. I'm happy I can be a part of such an amazing, trusted company."

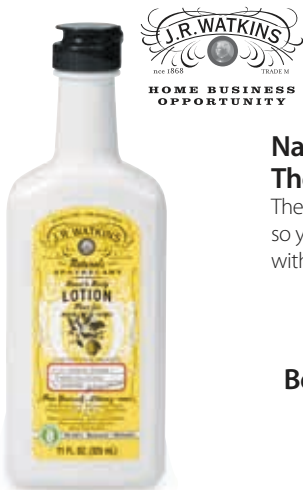


– Lois Titus
Independent Watkins Manager

"The Watkins home business opportunity has allowed me to make my own schedule! I spend time on my business when possible and as much time with my family as I need. Plus, I love the products and all the people I meet through Watkins!"



– Juliana Vasiljevic
Independent Watkins Manager



Natural Certification— The industry's highest natural standard.

The Natural Products Association certifies natural products, so you can trust that any Watkins personal care product with the NPA seal contains 95% or more natural content.



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