



Since 1868

TRADE MARK

HOME BUSINESS OPPORTUNITY



Bake-Off® Contest 47, 2014
Toffee and Almond Fudge Cookie Cups
Amy Andrews
Macomb, Michigan

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

JRWatkins.com



**Crafted in the USA
since 1868 ... Naturally.™**

Dear Friends,

During our 147th 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 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.



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.

GOURMET



**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

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!**

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
01010 Butter

\$13.99 each

Pure Extracts

01011 Pure Lemon ☺ **\$14.99**
01012 Pure Vanilla ☺ **\$21.99**

Pure Extracts ☺

B. Our pure 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
60395 Pure Lemon
60437 Pure Mint
60392 Pure Orange
60394 Pure Peppermint

\$4.19 each

60391 Pure Almond **\$4.99**

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*
60434 Cinnamon ☺*
60435 Coconut
60378 Hazelnut ☺—NEW
60436 Maple ☺
60452 Pumpkin Spice ☺—NEW
60438 Raspberry ☺
60439 Root Beer ☺
60440 Rum
60441 Strawberry
60389 Vanilla (Clear) ☺

\$4.19 each

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

* Limited Quantities

Dessert and Frosting Mix*

D. 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**

* Limited Quantities

Toffee and Almond Fudge Cookie Cups

2 packages Pillsbury™ Ready to Bake!™ refrigerated sugar cookies
1/4 cup/60 mL milk chocolate toffee bits (from 8-oz/227 g bag)
1 can (14 oz/396 g) Eagle Brand® Fat Free Sweetened Condensed Milk
1/3 cup/80 mL Jif® Creamy Almond Butter
1/2 tsp/2.5 mL **Watkins™ Pure Vanilla extract**
1/4 cup/60 mL sliced almonds, finely chopped
1 can (6.5 oz/183 g) whipped cream topping (in aerosol can)

1. Heat oven to 375°F/190°C. Spray 48 nonstick mini muffin cups with Crisco® Original No-Stick Cooking Spray.
2. Place 1 cookie dough round in each muffin cup. Sprinkle 2 tsp/30 mL of the toffee bits evenly over cookie dough rounds. Bake 13 to 18 minutes or until light golden brown. Cool in pan 15 minutes.

Loosen with tip of knife; carefully remove from pan to cooling rack. Cool completely, about 15 minutes.

3. Meanwhile, in 1-quart/litre heavy saucepan, heat sweetened condensed milk and almond butter over medium heat 5 to 6 minutes, stirring constantly, until mixture begins to bubble. Remove from heat; stir in vanilla. Cool 2 minutes. Spoon heaping 1 tsp/5 mL condensed milk mixture into each cookie cup.

4. In small bowl, mix remaining 2 tsp/30 mL toffee bits and the almonds. To serve, top each cup with about 1 tbsp/15 mL whipped cream topping and about 1/4 tsp/1 mL almond mixture.

Makes 48 cookie cups.



Cooking Spray

E. 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**





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)*
- 30539 Garlic Sea Salt (2.65 oz/75 g)
- 30537 Lemon Pepper (2.40 oz/68 g)

\$6.99 each

*Limited Quantities

Garlic Grapeseed Oil Liquid Spice*

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

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

* Limited Quantities

Grapeseed Oil for dipping and cooking

C. Our 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**

Purest Ground Cinnamon

D. Our award-winning cinnamon has been a part of family rituals for more than 100 years. Watkins cinnamon contains 3 to 3.5% essential oil, while many others contain only 1 to 2%.

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

Purest Granulated (not ground) Black Pepper

E. At Watkins, we buy top-quality peppercorns, carefully screen out fillers and stems, then granulate (not grind) to preserve 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**

Cinnamon and Spice Cookies

- 2 cups/500 mL all-purpose flour
- 1-1/2 tsp/7.5 mL baking soda
- 1 tsp/5 mL **Watkins Purest Ground Cinnamon**
- 1/2 tsp/2.5 mL ground nutmeg
- 1/2 tsp/2.5 mL salt
- 1-1/2 cups/375 mL sugar
- 12 tbsps/180 mL butter (1-1/2 sticks), softened
- 1 egg
- 1/2 tsp/2.5 mL **Original Double-Strength Vanilla**
- 1/4 cup/60 mL molasses

Preheat oven to 350°F/180°C. In a medium bowl whisk flour, baking soda, cinnamon, nutmeg, and salt. In a shallow bowl set aside 1/2 cup/125 mL sugar. With an electric mixer beat butter, remaining sugar, egg, vanilla, and molasses until well blended. Combine with dry ingredients until dough forms. Roll dough into 1-inch/2.5-cm balls and dip in 1/2 cup/125 mL reserved sugar. Arrange on a baking sheet, about 3-inches/7.5-cm apart. Bake for 10 to 15 minutes. Makes 3 dozen.



Soup and Gravy Bases

F. 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***

* Limited Quantities



BODY CARE



A



B

C



E

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**

Guacamole Snack & Dip Seasoning

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

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**

* Limited Quantities

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.

Castile Liquid Soaps*—NEW

E. Made with coconut and olive oils, this concentrated Castile Liquid Soap is naturally pure and gentle, as well as extremely effective and versatile. Use with warm water to gently cleanse hands, body, face or untreated hair. May also be used as a powerful eco-friendly cleaner in the home. For dilution suggestions, visit JRWatkins.com. (11 fl oz/325 mL)

23072 Clary Sage
23073 Lavender
23074 Peppermint

\$8.99• each

Castile Bar Soaps*—NEW

F. Our Castile Bar Soap is made with coconut and olive oils for a naturally pure and gentle cleanser for hands, face, body and more. (8 oz/226 g)

23080 Clary Sage
23081 Lavender
23082 Peppermint

\$5.99• each

* Coming February 2015



G

Hand and Cuticle Salves

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

10490 Aloe & Green Tea
20481 Lavender
20521 Lemon

\$10.99• each

Like the olive oil soaps which originated centuries ago in the Castile region of Spain, J. R. Watkins Pure Castile Soaps are based on tried-and-true, simple and effective vegetable oil soap formulas. Naturally free from dyes, sulfates and preservatives. No animal testing or animal byproducts.

• Plus GST/HST



A



B



C



E



F



G

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)
- Beeswax Lip Balm—stick (0.15 oz/4.25 g)

20531 **\$11.99•**

A Few of Our Favorite Things Kit*

B. 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•**

* Limited Quantities

Body Oil Mists

D. 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



D

Head to Toe Kit

C. Pamper yourself head to toe with our favorite J. R. Watkins personal care products.

Contains:

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

20533 **\$19.99•**

Lavender Essentials

E. 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•**

Hands & Feet Retreat Kit*

F. 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•**

* Limited Quantities

Bath & Body Oils

H. 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
- 20555 Pomegranate & Acai

\$9.99• each



H

• Plus GST/HST



A

Hand and Body Lotions

A. With more than 10 natural oils and extracts, this rich formula provides deep, long-lasting moisture that leaves skin smooth, soft and nourished. Watkins 97-99% natural formulas protect and pamper even the most sensitive skin. (11 fl oz/325 mL)

- 20470 Aloe & Green Tea
- 20510 Coconut Milk & Honey
- 20442 Grapefruit
- 20486 Lavender
- 20487 Lemon Cream
- 20554 Pomegranate & Acai

\$11.99• each



B

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
- 40518 Grapefruit*—NEW
- 40508 Lavender
- 40509 Lemon Cream
- 40557 Pomegranate & Acai

\$10.99• each

* Coming February 2015



C

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
- 20556 Pomegranate & Acai

\$14.99• each



D

Body Butters

D. 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)

- 20563 Coconut Milk & Honey
- 20562 Grapefruit & Ginger
- 20564 Lavender & Roman Chamomile

\$12.99• each

• Plus GST/HST



E-F

Lavender Crème Bath*

E. Relax and recharge in a warm bath enhanced with luxurious, lavender-scented bubbles (99.15% natural).

20453 (11 fl oz/325 mL) **\$12.99•**

* Limited Quantities

Calming Bath Soak

F. Indulge your skin and relax your senses all at the same time! The sea salts in our 100% natural soak will soften skin, while lavender oil provides the ultimate relaxation.

20485 (14 oz/400 g) **\$12.99•**

HOME CARE



Moisturizing Hand Soaps*

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

* Limited Quantities

Liquid Hand Soap Refills—NEW

C. The same top-selling hand soaps you love are available in a value-sized, eco-friendly refill. Refills use 25 percent less plastic packaging than regular-sized bottles and deliver a no mess experience. (24 fl oz/710 mL)

23010 Aloe and Green Tea
23012 Lavender
23011 Lemon

\$5.99• each



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



Foaming Hand Soaps

D. 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
20627 Lavender*—NEW
20626 Lemon—NEW

\$5.99• each

* Coming February 2015



All Purpose Wipes

F. 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

Laundry Detergent*

E. 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).

* May ship different than shown



• Plus GST/HST



A



D

All Purpose Cleaners

A. J. R. Watkins 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
- 26784 Orange Citrus*

\$5.99• each

* Limited Quantities



B

Orange Citrus Tub & Tile Cleaner

B. 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•**

Window Cleaner*

C. 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 **\$4.99•**

* Limited Quantities



C

Liquid Dish Soaps

D. Earth-friendly formulas are tough on grease but easy on your hands, your home and the environment. J. R. Watkins 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



F

Room Fresheners

F. 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



E

Eco-Friendly Reusable Bag

E. 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•**

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



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—Limited Quantities



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•**



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!



Consider Starting Your Own Watkins Home Business

"Watkins has given us complete financial freedom, time freedom and most importantly—extra time to spend with family. This has happened because people love Watkins Products and trust the company. We feel like there is no business like show business, working events like fairs, festivals and markets. We love it! When you join Watkins, it is like joining a family. We invite you to enjoy the wonderful Watkins family."

- Sue & Ed Williams
Independent Watkins Executives

"I love this business! Using the wonderful Watkins products in our own home and sharing the Watkins Home Business opportunity with others is so rewarding. I have the freedom to work when I choose and from where I choose, which is at home! It is very rewarding assisting others in joining and growing their own Watkins businesses and watching them succeed. All this along with the great income potential make Watkins an opportunity second to none."

- Anne Thomas
Independent Watkins Executive

"We have enjoyed building a business run from home, that has brought us together with wonderful people who are part of our team—our customers and fellow Watkins Consultants. Watkins has provided us a secure income and lifestyle that allows time for family and fun. We have enjoyed many world class trips compliments of the company, while building a business comprised of "Fun, Fast & Easy" Party Plan, event selling and serving repeat order customers."

- Karen & Keith Hagen
Independent Watkins Executives



HOME BUSINESS OPPORTUNITY



Our Commitment to Natural, Safe and Responsible products.

J. R. Watkins offers products that deliver a superior experience, using environmentally-friendly and responsible ingredients and packaging.

Responsible and Renewable Ingredients. Made from 95% or more natural ingredients, our natural personal care and home care formulas are nontoxic, free from Ammonia, Chlorine Bleach, Parabens, Glycols, Phthalates, Phosphates, Formaldehyde Donors, and Dyes.

Environmentally-responsible packaging.

We avoid excess packaging, and utilize recyclable, eco-friendly materials, including 25% PCR (post-consumer recycled plastic) when possible.

Be social, join the conversation.



[facebook.com/JRWatkinsNaturalsHomeBusinessConsultants](https://www.facebook.com/JRWatkinsNaturalsHomeBusinessConsultants)

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