



**HOME BUSINESS
OPPORTUNITY**

NEWS NATURALLY

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Dear Watkins Customer,

Please enjoy shopping the January specials! To locate January specials, log in with your Customer ID number, click "Shop with Us" and choose the product category you wish to shop. Once in the product category, click "Sale" on the side menu under "Other". This exclusive newsletter includes specials, tips, and a recipe for a healthier you!

The Perfect Business Opportunity For Mom!

- Choose your own hours
- Be your own boss
- Work from home

With the Watkins Home Business Opportunity, you can be there for all of life's precious moments!



Ask Me How!

Start the New Year Right with Watkins Supplements!



Weight Control—**NEW**

Chromium helps maintain healthy metabolism to support weight control.*

02294 Weight Control (100) **\$24.99**

Energy—**NEW**

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

02293 Energy (90) **\$27.99**

Eye Health—**NEW**

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

02290 Eye Health (90) **\$37.99**

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Please consult with your doctor before taking any dietary supplements.



trusted for generations

Petro-Carbo First Aid Salve

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.

06613 (4.37 oz/124 g) **\$14.99 SPECIAL \$13.99**

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 Wash

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) **\$8.99** ~~1~~

Purchase one Baby Wash, get one Baby Oil for \$4.59!

Baby Oil

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

20492 (4 fl oz/118 mL) **\$7.99**



cold and flu relief



Menthol Camphor Relief Mist

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.

02340 (4 fl oz/120 mL) **\$9.99** **SPECIAL \$8.99**

Menthol Camphor Bath Soak

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.

12305 (14 oz/400 g) **\$9.99** ~~1~~

Menthol Lavender Drops

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) **\$14.99** **SPECIAL \$12.99**

Handcrafted in the U.S.A. since 1868...Naturally

NATURAL GOURMET

Bake up something delicious with Watkins
Gourmet Extracts and Flavorings!

Gourmet Extracts and Flavorings

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	60444 Peanut Butter
60445 Caramel	60439 Root Beer
60443 Chocolate	60440 Rum
60434 Cinnamon	60442 Vanilla Nut
60435 Coconut	
60436 Maple	
\$3.49 each	



Five Flavor Cake

Cake:

1 cup/250 mL (2 sticks) butter or margarine, softened
 1/2 cup/125 mL vegetable shortening
 3 cups/750 mL sugar
 5 eggs, beaten until lemon-colored
 3 cups/750 mL all-purpose flour
 1/2 tsp/2.5 mL **Watkins Baking Powder**
 1 cup/250 mL milk
 1 tsp/5 mL **Watkins Coconut Extract**
 1 tsp/5 mL **Watkins Rum Extract**
 1 tsp/5 mL **Watkins Butter Extract**
 1 tsp/5 mL **Watkins Lemon Extract**
 1 tsp/5 mL **Watkins Pure Vanilla Extract**

Cream together the butter, shortening, and sugar in large mixing bowl until light and fluffy. Add eggs and beat until smooth. In small bowl, combine flour and baking powder; mix well and set aside. Combine milk and extracts. Add flour mixture to creamed mixture alternately with milk mixture, beginning and ending with flour mixture. Spoon mixture into a greased 10-inch/25-cm tube (angel food cake) pan. Bake at 325°F/165°C for 1-1/2 to 1-3/4 hours or until cake tests done. Cool in pan on wire rack for 10 minutes. Turn cake out of pan onto wire rack, invert again. Place waxed paper under rack to catch glaze drippings. Slowly spoon glaze onto top of hot cake and let glaze drizzle down sides of cake. Let cool completely. Makes 12 servings.

Glaze:

1/2 cup/125 mL sugar
 1/4 cup/60 mL water
 1/2 tsp/2.5 mL **Watkins Coconut Extract**
 1/2 tsp/2.5 mL **Watkins Rum Extract**
 1/2 tsp/2.5 mL **Watkins Butter Extract**
 1/2 tsp/2.5 mL **Watkins Lemon Extract**
 1/2 tsp/2.5 mL **Watkins Pure Vanilla Extract**
 1/2 tsp/2.5 mL **Watkins Almond Extract**

Combine all ingredients in heavy saucepan. Bring to a boil over medium heat, stirring until sugar is dissolved.



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Your Independent Watkins Consultant

Nestled in the Mississippi River Bluff town of Winona, Minn., Watkins has been America's pioneer in natural living since 1868. As America's original natural apothecary manufacturer, Watkins uses only the finest natural ingredients in its diverse lines of personal care, home care, remedies and flavorings.

Committed to being America's most trusted natural products company, Watkins adheres strictly to the same quality standards set forth by its founder J.R. Watkins. Its J.R. Watkins Natural Apothecary line of personal care contains only natural, environmentally friendly ingredients from renewable resources, avoiding chemicals like parabens, sulfates, phthalates and more and is one of very few lines to be certified by the Natural Products Association.

Responsible manufacturing processes are as important as its commitment to providing natural, consumable items for everyday life. By utilizing gravity-fed filling, biodegradable packing materials, as well as strict recycling programs and much more, Watkins is devoted to leaving the smallest environmental footprint possible.



living naturally with J.R. Watkins naturals— a pioneer in natural products since 1868

NPA Certification

The Natural Products Association has granted J.R. Watkins Natural Apothecary products the NPA Seal of compliance. To earn this coveted seal, products must be made of at least 95 percent natural ingredients from renewable and sustainable resources.



NPA Natural Standard for Home Care Products

To protect and equip consumers to maximize their well-being, the Natural Products Association has developed the Natural Products Association Standard and Certification for Home Care Products. Launched in February 2010, the NPA Natural Standard is a set of guidelines that dictate whether a product can be deemed truly "natural." The standard encompasses home care products such as household cleaners, laundry detergents, and concentrated and ready to use hard-surface cleaners.



Did You Know?

- Natural effects of green tea, cayenne and caffeine help to temporarily promote alertness, endurance and relieve fatigue.*
- A 2004 article published in the "American Journal of Clinical Nutrition" found that green tea extract can increase the rate of energy expenditure in the human body, since the high concentrations of catechin polyphenols found in green tea extract intensify the level of fat oxidation. Source: Livestrong.com

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Satisfaction Guaranteed

If a Watkins product used in your home is, for any reason, considered not to be satisfactory, please return it to Watkins or your Independent Watkins Consultant for full refund of purchase price.



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