

HERE'S *All* THE
**EXTRA VITAMINS AND
 MINERALS YOU NEED**



of course
VITAMIN A

Children need it to grow. You need it to fight off colds, for good eyesight. With Ovaltine you get all the extra "A" you need—according to experts.



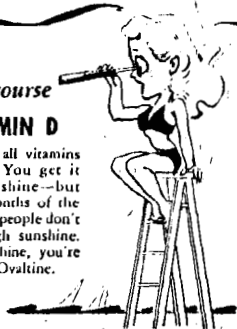
of course
VITAMIN B₁

You eat poorly—and you're tired, listless, nervous, "low"—if you don't get enough B₁. The Ovaltine way, you get plenty!



of course
VITAMIN D

Rarest of all vitamins in food. You get it from sunshine—but 6 or 8 months of the year most people don't get enough sunshine. Rain or shine, you're safe with Ovaltine.



of course
**CALCIUM and
 PHOSPHORUS**

They're vital to bones and nerves in adults—also to teeth in children. The Ovaltine way, you have loads.



**3 Good Meals + 2 Glasses of Ovaltine
 Give the Average Person All the Extra
 Vitamins and Minerals He Can Use!
 Here's Why—**

Government authorities say today that 3 out of 4 people are under par—"sub-marginal"—nervous, underweight, easily fatigued—even "well-fed" people—because they don't get enough vitamins and minerals! Result, millions of people taking pills!

But if you are a regular Ovaltine user—and are eating three good meals a day—you don't need to worry—you don't need any pills, *unless you are really sick and should be under a doctor's care.* According to experts, you're already getting all the extra vitamins and minerals *your system can profitably use!*

Long before vitamin and mineral deficiencies became a serious national problem, we added to Ovaltine *extra amounts* of those rarer food elements most likely to be deficient in the American diet—*enough to be sure—in scientific proportion*—all except Vitamin C which is plentiful in fruit juice.

This is ONE of the reasons why thousands of tired, nervous people and thin, underweight children have shown remarkable improvement in health when Ovaltine is added to their regular meals.

So don't worry about vitamins and minerals! Rely on Ovaltine to give you all the extra ones you can use—in addition to its other well-known benefits. Just follow this recipe for better health—

**3 MEALS A DAY + OVALTINE
 NIGHT AND MORNING**

If you want to read more about this extremely interesting subject, send coupon below. If not, start your Ovaltine today and don't worry!



WARNING!

Authorities say "Don't trust incomplete pills that may lack the very vitamins and minerals you need. And don't waste your money on 'loaded' products that supply only a few vitamins and minerals—your system can't use them!"

Rely on 3 good meals a day and 2 glasses of Ovaltine for all the extra vitamins and minerals you need!

of course
VITAMINS G, P-P

You can't be alert, awake, "alive" without them! You get them *and the entire Vitamin B complex family* in Ovaltine!



of course
IRON

Without iron, you can't have good red blood. Ovaltine supplies all the extra iron you need—in the way you can use it!



But No!

Don't think vitamins and minerals are all. Ovaltine gives you it's a well balanced dietary food supplement (re-sulted by doctors the world-over) famous also as a bedtime drink to foster sound sleep and morning freshness.



SEND FOR FREE SAMPLES

OVALTINE, Dept. V42 L.H.J. 11
 360 N. Michigan Ave., Chicago, Ill.
 Please send free samples of Regular and Chocolate Flavored Ovaltine—and interesting new booklet.

Name.....
 Address.....
 City..... State.....

OVALTINE
 THE PROTECTING FOOD-DRINK