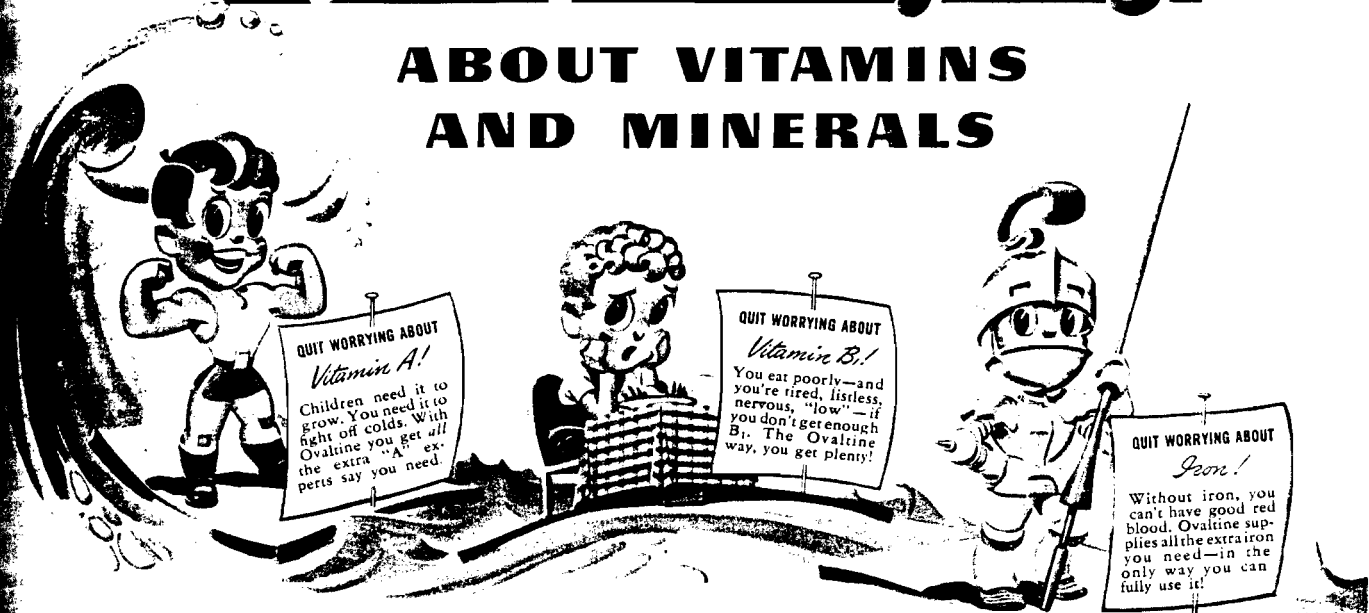


Quit Worrying

ABOUT VITAMINS AND MINERALS



3 Average-Good Meals + 2 Glasses of Ovaltine Give the Normal Person All the Extra Vitamins and Minerals He Can Use!

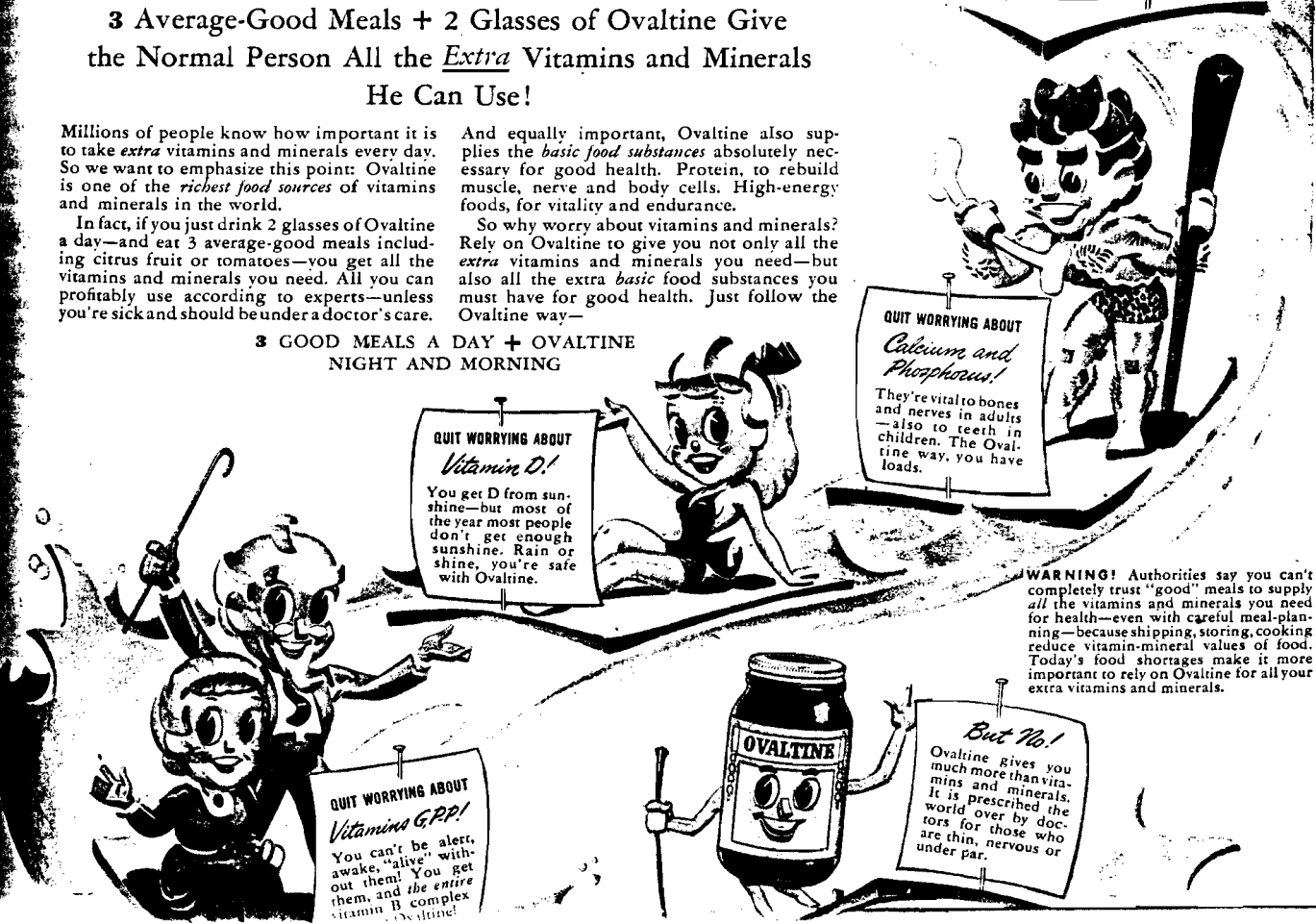
Millions of people know how important it is to take *extra* vitamins and minerals every day. So we want to emphasize this point: Ovaltine is one of the *richest food sources* of vitamins and minerals in the world.

In fact, if you just drink 2 glasses of Ovaltine a day—and eat 3 average-good meals including citrus fruit or tomatoes—you get all the vitamins and minerals you need. All you can profitably use according to experts—unless you're sick and should be under a doctor's care.

And equally important, Ovaltine also supplies the *basic food substances* absolutely necessary for good health. Protein, to rebuild muscle, nerve and body cells. High-energy foods, for vitality and endurance.

So why worry about vitamins and minerals? Rely on Ovaltine to give you not only all the *extra* vitamins and minerals you need—but also all the *extra basic* food substances you must have for good health. Just follow the Ovaltine way—

3 GOOD MEALS A DAY + OVALTINE NIGHT AND MORNING



QUIT WORRYING ABOUT *Vitamin D!*

You get D from sunshine—but most of the year most people don't get enough sunshine. Rain or shine, you're safe with Ovaltine.

QUIT WORRYING ABOUT *Calcium and Phosphorus!*

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

QUIT WORRYING ABOUT *Vitamin GPP!*

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

But No!

Ovaltine gives you much more than vitamins and minerals. It is prescribed the world over by doctors for those who are thin, nervous or under par.

WARNING! Authorities say you can't completely trust "good" meals to supply all the vitamins and minerals you need for health—even with careful meal-planning—because shipping, storing, cooking reduce vitamin-mineral values of food. Today's food shortages make it more important to rely on Ovaltine for all your extra vitamins and minerals.

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