

66F



# Keep up your game while you keep down your weight

Don't lose vitality while watching your weight. Live right, eat right. Get vitamins and iron from 'TOTAL'. Now 'TOTAL' has more vitamins than any other cereal. A one-ounce bowlful gives you 100% of the minimum daily adult vitamin and iron requirements—plus a delicious crunchy taste.

**'TOTAL' watches  
your vitamins**  
while you watch  
your weight



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