

New studies reveal surprising help for high blood pressure.

Mazola.



New government and university studies showed proper diet can actually help reduce high blood pressure. Mazola® Corn Oil was important in that diet.

Is this a new miracle diet, all work and no taste? Actually, it's deliciously simple. Cut down on saturated fats (fatty meats, butter, lard). Substitute polyunsaturates like Mazola instead. Mazola is a natural source of polyunsaturates because it's 100% pure corn oil—in fact, it's the only leading brand that is.

This is great news for the estimated 60 million Americans

with high blood pressure (many don't even know they have it)...but what if your blood pressure is fine? You still win!

This diet won't lower normal or low blood pressure. But it can help everyone reduce serum cholesterol. And you can't beat Mazola for delicious salads and crispy fried foods.

For our free booklet on eating to reduce high blood pressure (including recipes), send name and address to:

"A Diet for the Young at Heart," Dept. DFY-1, Box 307, Coventry, CT 06238.

