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DON'T WORRY about Iron

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



DON'T WORRY about

Vitamins G. P.P

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



DON'T WORRY about Vitamin D

Rarest of all vitamins in food. You get it from sunshine—but during 6 or 8 months of the ve most people don't genough sunshine. Ran-or shine, you're safe with

DON'T WORRY

about Vitamins and Minerals



DON'T WORRY

about 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" -according to experts

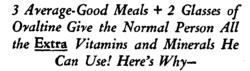
DON'T WORRY about Vitamin B,

You ear noorly -and tou're tired, listless, servous, "low"—if you on'r gerenough B₁. The Ovaltine way, you get





Don't think vitamins and minerals are all Ovalrine gives you, It's a well-bal-anced dietary food sup-plement prescribed by doctors the world over Famous also as a bed-time drink to foster sound sleep and morn-ing freshness.



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

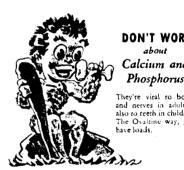
But if you are a regular Ovaltine user-and are eating three average-good meals a day-you don't need to worry! Other people who are not using Ovaltine may need vitamin pills or capsules, but as an Ovaltine user, you're already getting all the extra vitamins and minerals your system can profitably use, according to experts!

Long before vitamin and mineral deficiencies became a serious national problem, we added to Ovaltine extra amounts of those vitamins and minerals most likely to be deficient in the average dietenough 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



DON'T WORRY about Calcium and

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

WARNING!

AUTHORITIES say you can't completely trust "good" meals to supply all the viramins and minerals you need for good health-even with careful meal-planning-because shipping, storing and cooking teduce the vitamin-mineral values of food.

SO RELY on 2 glasses of Ovaltine a day for all the extra vitamins and minerals you need!

SEND	FOR	FREE	SAI	MPL	ES
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OVALTINE, Dept. VM43-SEP-1 360 N. Michigan Ave., Chicago, Ill.
Please send free samples of Regular and Chocolate Flavored Ovaltine—and intetesting new booklet.
Name
Address
CityState

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