

43 MN



DON'T WORRY
about
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!



DON'T WORRY
about
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!



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 year most people don't get enough sunshine. Rain or shine, you're safe with Ovaltine.

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" you need—according to experts.

3 Average-Good Meals + 2 Glasses of Ovaltine Give the Normal 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 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 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**



DON'T WORRY
about
Calcium and Phosphorus

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

WARNING!

AUTHORITIES say you can't completely trust "good" meals to supply all the vitamins and minerals you need for good health—even with careful meal-planning—because shipping, storing and cooking reduce the vitamin-mineral values of food. **SO RELY** on 2 glasses of Ovaltine a day for all the extra vitamins and minerals you need!

DON'T WORRY
about
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!



BUT NO!

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



SEND FOR FREE SAMPLES

OVALTINE, Dept. VM43-SEP-1
360 N. Michigan Ave., Chicago, Ill.
Please send free samples of Regular and Chocolate Flavored Ovaltine—and interesting new booklet.

Name

Address

City State

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