



# take your **Vitamins** this New Way...for better results!

Take them in fortified food - the delicious Ovaltine way!

Of course, the whole subject of vitamins is new. We learn more about them every day. And today, millions are learning a new and better way to take their extra vitamins – a more modern, more natural way that can do more good. Discarding earlier methods of taking vitamins alone, they now take them in fortified food!

For latest evidence shows that vitamins do not work alone. They work most effectively in combination with certain other food elements – which are absolutely necessary for best results.

This is why so many people are changing to Ovaltine. A specially-fortified supplementary food-drink, it contains- besides vitamins – nearly every precious food element needed for good health, including those elements necessary for vitamin-effectiveness.

For example, Vitamin A and Vitamin C can't do their complete jobs in body-tissue building without high-quality protein. Vitamin B<sub>1</sub>, and energy-food act together for vitality. Vitamin D, Calcium and Phosphorus also need each other. You get them all in each glass of Ovaltine made with milk!

So why not turn to Ovaltine? If you eat normal meals, 2 glasses of Ovaltine daily should give you all the extra amounts of vitamins and minerals needed for robust health.



3 out of every 4 people should get extra vitamins or minerals – according to Government reports. Reasons include vitamin deficiencies of many modern foods – also loss vitamin-mineral values due to shipping, storing and cooking.

