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## Ovaltine advertisement.

[s.l.]: [s.n.], 1954

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*At any age*

**they welcome Ovaltine for extra nourishment**

From pediatrics to geriatrics Ovaltine provides a rich source of the vitamins, minerals and other essential food elements required for the maintenance of a good nutritional state.

Ovaltine is a nourishing, well-tolerated beverage combining natural blandness with good taste. It produces a soothing and relaxing effect for the tense and nervous patient, particularly when taken at bedtime.

It is ideal for use where stimulating beverages should be avoided...ideal as nutritional fortification for patients on bland diets ...or to help maintain a satisfactory nutritional level during physiologic stress.

*Three servings of Ovaltine and milk provide:*

**12 Vitamins**

- \*Vitamin A.....4000 I.U.
- \*Vitamin D.....420 I.U.
- \*Ascorbic acid.....37.0 mg.
- \*Thiamine.....1.2 mg.
- \*Riboflavin.....2.0 mg.
- Pyridoxine.....0.5 mg.
- Vitamin B<sub>12</sub>.....5.0 mcg.
- Pantothenic acid.....3.0 mg.
- \*Niacin.....10.0 mg.
- Folic acid.....0.05 mg.
- Choline.....200 mg.
- Biotin.....0.03 mg.

**13 Minerals**

- including Calcium,
- Phosphorus, Iron and Iodine
- CARBOHYDRATE.....65 Gm.
- \*PROTEIN.....32 Gm.
- FAT.....30 Gm.

\*Nutrients for which daily dietary allowances are recommended by the National Research Council.

A jar of Ovaltine will be sent for your personal use on request.



**Ovaltine<sup>®</sup>** *when extra nourishment is desired*