



ORANGES

FOR GOOD HEALTH

ORANGES are packed with **HEALTH GIVING** factors

Everybody knows that fresh oranges are a rich source of vitamins, notably vitamins C and A. But did you know that this favourite fruit contains other important factors for family health? For instance, there are the remarkable protopectins and bioflavonoids found in the "meat" of oranges. The protopectins are an aid to digestion regularly; the bioflavonoids strengthen the tiny blood vessels in the body (the

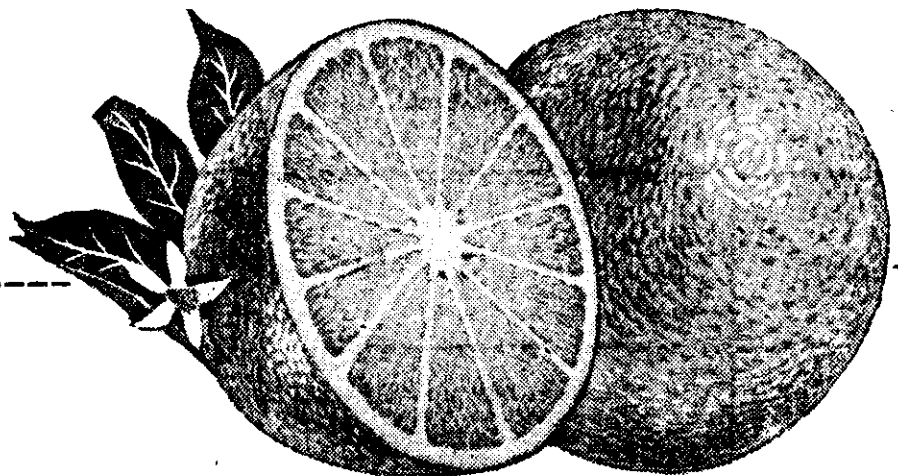
capillaries) and help keep them elastic and youthful in their function.

Bioflavonoids also actually boost the efficiency of the vitamin C in oranges. All these health factors found in oranges mean that the daily orange habit is a daily health habit. By giving each member of your family, especially the children, an orange to eat every day, you are helping to build their health in an easy and practical way.

Oranges help you keep a slim, trim figure

Acquire and keep an attractive figure with the healthful "Eat-an-orange" plan. Just eat an orange 30 minutes before lunch and dinner each day. Then eat moderately at mealtime, as

you should. You will be amazed at how easy it is because oranges have a remarkable ability to satisfy appetite, also oranges are good for a healthy, clear complexion.



Inserted in the interests of better health by
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