

HEALTH FROM THE SEA !!

Owing to lack of iodine in the soil, and consequently in our foods, practically everyone born in New Zealand, or who has lived here for any length of time, suffers from enlarged thyroid glands.

Leading scientific experts have proved that, to prevent goitre and enlargement of the thyroid glands, it is imperative to have a daily ration of 100 microgrammes of iodine. Gregg's Seameal provides, in a readily available, natural and physiological form, this essential iodine. Seameal is not a drug. It is a genuine food—an extract of edible seaweed (40 times stronger in assimilable iodine than any fish or shellfish product).

100 microgrammes of iodine are obtained from: 1-3 teaspoon of Seameal or 2 Seameal Capsules, and in one pint of Seameal Custard or Sea-Jell there is sufficient for five people.

For perfect health, vitality and up-to-the-minute efficiency, your daily ration of Seameal is essential. It is palatable, can be used in many ways, and is economical—costs only one penny per person per week. If used over a period, it works wonders in the treatment of goitre.

Start using Seameal to-day, and you'll find a new joy in living—you will work better, you will play better. The summit is reached by perfect health!

Gregg's
SEAMEAL

40

Times Stronger

in ASSIMILABLE
IODINE
than any
fish or
shellfish
product.



"Seameal" is an extract of edible seaweed. It gives best value for your money—insist on getting it.

Two Capsules per Day
Correct Iodine Deficiency

Gregg's
SEAMEAL
CAPSULES

The Cheapest Method of eliminating troubles due to Iodine Deficiency. A balanced diet means better health. A food, not a drug. Bottle containing 42 days' treatment 6/-, 90 days' treatment 12/-.



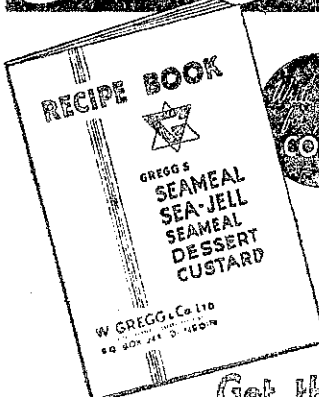
Delicious
Desserts

QUICKLY MADE

Tastes good—and good for you. Contains natural iodine. Sets in hottest weather.

Gregg's
SEAMEAL
Dessert Custard

Just Out!



DELICIOUS JELLY

Sea-Jell has great food value, and corrects iodine deficiency. SETS IN A FEW HOURS IN THE HOTTEST WEATHER. A Food, not a Drug. Take it every week. Price 5d. packet (makes 1½ pints).

Gregg's SEA-JELL

Gregg's
The Scientific
Sea Foods
SEAMEAL

Get the
IODINE you need in
your **DAILY FOOD!**

To maintain health, everybody needs a sufficient supply of iodine every day. This new Recipe Book describes many delicious dishes using the famous SEAMEAL, SEA-JELL, and SEAMEAL DESSERT CUSTARD. All are rich in iodine.

Write for your copy now, enclosing 2d. in stamps to—W. GREGG & CO. LTD., Dept. O Box 243, DUNEDIN.

Send for your copy to-day. Enclose 2d. in stamps and

MAIL COUPON NOW!

W. GREGG & CO LTD.,
Box 243, Dunedin.

I enclose 2d. in stamps. Please send me a copy of your SEAMEAL RECIPE BOOK.

NAME

ADDRESS