

**Three good sources of vitamin E : 1. green vegetables : whole grain cereals
2 : lift here and save 10p on the third : and white plastic tubs : Flora / Van
den Bergh Foods Limited.**

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

Three good sources of vitamin E

1

Green vegetables

Whole grain cereals

2

Lift here

LIFT

3



and save 10p
on the third


FLORA®



Rich in Vitamin **E**

You know that vitamins are important – but did you know that Flora Sunflower Spread is rich in vitamin E?

20g of Flora – that's about the amount you would spread on two or three slices of

bread – can provide you with at least 50% of the recommended daily allowance of vitamin E.

Vitamin E is one of the 'ACE' vitamins. Increasingly, medical opinion suggests this

group of vitamins has an essential role to play in a balanced diet. Good sources of vitamin E include green leafy vegetables, whole grain cereals and products made with Sunflower Oil.

Don't forget to buy a tub of Flora Sunflower Spread this week and not only will it help you to enjoy a balanced diet but it will also help you save 10p by using the coupon attached to the front of this leaflet.

If you require further information about the benefits of vitamin E, call the **Flora Careline** free Monday to Friday 9.00am to 5.00pm on 0800 446464.

Enrich your life with Flora

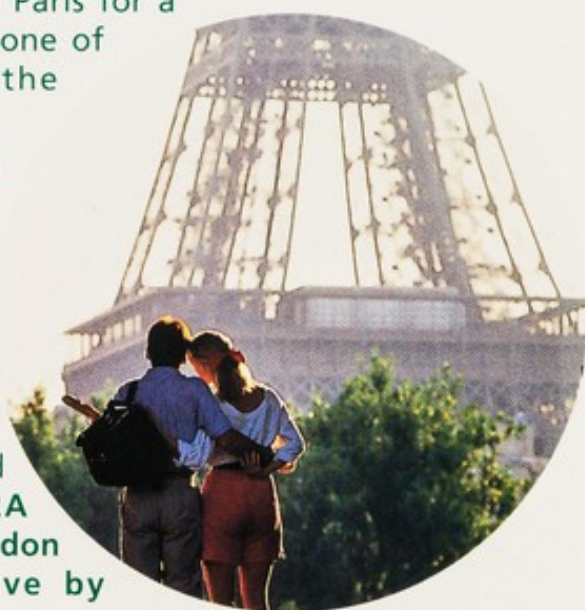
8 WEEKENDS IN PARIS TO BE WON

You and a partner could be flying off to Paris for a fabulous weekend break in the heart of one of Europe's greatest capitals with the compliments of Flora.

To enter this free draw all you have to do is correctly answer the following two questions.

1. Name three good sources of vitamin E?
2. How much of the recommended daily intake of vitamin E is in an average serving of 20g of Flora?

Send your answers with your name and address (BLOCK CAPITALS) to: **FLORA VITAMIN E FREE DRAW**, Dept. 5737, Hendon Road, Sunderland, SR9 9XZ, to arrive by 31st December 1993.



Free draw terms and conditions: Entry to the free draw is open to persons over the age of 18, is limited to the U.K. and to one entry per household. Prizes will be awarded to the first eight correct entries drawn. No purchase necessary. Winners will be notified within one month of closing date. Enclose S.A.E. for winners' list. Each prize comprises for 2 adults: return flights to London Gatwick/Paris, hotel transfer, 2 nights bed and breakfast, insurance and £250 in Travellers Cheques. Breaks must be taken by 31/12/94.

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**TURN OVER TO SAVE 10p AND FIND
OUT HOW YOU CAN ENRICH YOUR
LIFE WITH VITAMIN E**

