

Bemax : stabilized wheat germ / Vitamins Limited.

Contributors

Vitamins Ltd.

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Store in a dry cool place
Contents should be transferred to an airtight tin,
stoppered jar or similar container.

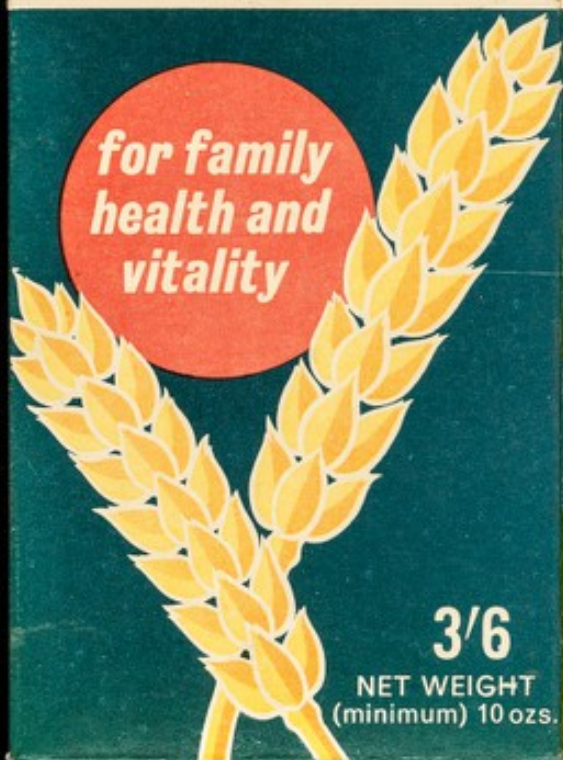
The richest natural
vitamin-protein-mineral
supplement

BEMAX

BEMAX

STABILIZED WHEAT GERM

for family
health and
vitality



3/6

NET WEIGHT
(minimum) 10 ozs.

THIS HEALTH-BUILDING
HEALTH-PROTECTING

**WHEAT
GERM**

IS THE RICHEST NATURAL
VITAMIN-PROTEIN-MINERAL
SUPPLEMENT KNOWN TO MAN

BEMAX

STABILIZED WHEAT GERM

HOW TO TAKE BEMAX

To obtain the best results the following instructions should be carefully noted: Bemax can be sprinkled on breakfast cereals, porridge, salads, curries, soups and all varieties of sweets and puddings, or added to warm or cold milk. It may be cooked but this may reduce the vitamin B content. The protein and mineral content will be unaffected.

ALL AGES BENEFIT FROM BEMAX



The following quantities should normally be taken daily (in certain cases these amounts may be increased as directed by the doctor):

ADULTS: One to two heaped tablespoonfuls

CHILDREN OVER FIVE: One to two heaped dessertspoonfuls

CHILDREN UNDER FIVE: One to four teaspoonfuls

VITAMINS LIMITED
Upper Mall, London W6



BEMAX

STABILIZED WHEAT GERM

*sprinkle
health on
your food
every day*

3/6
NET WEIGHT
(minimum) 10 ozs.

**WHY
BEMAX
WORKS
WONDERS**



Bemax contains all the wealth of special nourishment which Nature stores in the embryo—or 'germ'—of the wheat. It is the greatest aid to proper nutrition, by far the most important factor in health...

for young and old
Send P.C. for free Booklet to:
Vitamins Ltd. (Dept. C.36)
Upper Mall, London, W.6.

BEMAX

STABILIZED WHEAT GERM

THE NUTRITIONAL FACTORS OF BEMAX

1 oz. Bemax provides approx.:

| | | | | |
|--|--------------------|------------------------|--------------------|-------------|
| vitamin B ₁ ... | 0.45 mg. | *essential amino acids | fresh weight basis | 16% N basis |
| vitamin B ₂ (riboflavine) ... | 0.2 mg. | arginine ... | 2.5% | 8.3% |
| nicotinic acid ... | 1.7 mg. | histidine ... | 0.9% | 3.0% |
| vitamin B ₆ ... | 0.45 mg. | lysine ... | 1.8% | 6.0% |
| vitamin E ... | 8.0 mg. | tryptophan ... | 0.3% | 1.0% |
| manganese ... | 4.0 mg. | phenylalanine ... | 0.9% | 3.0% |
| iron ... | 2.7 mg. | cystine ... | 0.3% | 1.0% |
| copper ... | 0.45 mg. | methionine ... | 0.5% | 1.6% |
| protein* ... | 30% approx. | threonine ... | 1.2% | 4.0% |
| carbohydrates ... | 50% approx. | leucine ... | 2.1% | 7.0% |
| (nitrogen free extract) | | isoleucine ... | 1.3% | 4.3% |
| fibre ... | not more than 3.0% | valine ... | 1.6% | 5.3% |
| calorific value ... | 104 | | | |

*These analyses are copyright.



Bemax is a natural food, prepared from the most nourishing part of wheat. It is this 'germ' of wheat which contains so much nourishment—especially the essential B vitamins. The starch—as the diagram shows, is discarded.

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