

# Pregnancy, Lactation and Diet

"The diet of pregnant and nursing mothers should be rich in the accessory factors (vitamins) so that they may be able to supply their offspring.

"A mother's milk is only adequate when she receives a sufficiency of these subjects (vitamins) in her own diet."

*pp. 70 and 100. Report of Joint Committee of Lister Institute and Medical Research Committee on "Accessory Food Factors (Vitamins)." H.M. Stationery Office, 1919*

Virol has been specially designed by Medical Men and Food Experts to meet the requirements of growth and development. Virol is

## A well balanced Food

that supplies the needs of the mother and child in a form that the most delicate can digest.

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