



# SPORT - HEALTH

INTERNATIONAL

121 NORWOOD ROAD, LONDON, S.E.24.

**A SUPER PHYSIQUE NEEDS SUPER NOURISHMENT**  
*to add Weight, build Bulk, supply Strength, make Muscle*



### MULTI-PROTEIN

It is a highly concentrated nutritional formulation, nourishing and palatable and easily digested; an excellent source of extra energy, plus essential vitamins, helping to maintain a good standard of physical fitness. Ideal for those in weight-training and wanting muscle definition. Helps to put on and maintain weight. For taking in between courses of SUPER NATRU-GAIN. 85% Protein.

Wherever you are . . .  
**PROTEIN-POWER instantly!**

Contains:  
 Casein Milk Powder - Sucrose 0.4 mg  
 Vitamin B1 0.2 mg - Vitamin B2 - Bromelain  
 360 TABLETS . . . . . Sufficient for one month

### STAMINOL CAPSULES

A CONVENIENT WAY TO CARRY WITH YOU THE BODY BUILDERS FAVOURITE FOOD SUPPLEMENT.

Contains:  
 5 Minims Nat. Wheat Germ Oil per Capsule  
 100 CAPSULES . . . . . Three to four weeks supply



### STAMINOL FOR STAMINA

A WHEAT GERM OIL COMPOUND TO TAKE FIRST THING IN THE MORNING AND LAST THING AT NIGHT.

Contains:  
 Wheat Germ Oil - Polyoxyethylene-sorbitanmono Oleate  
 Sugar - Maple Flavour  
 200 ML . . . . . Sufficient for three to four weeks



### MALTAPAX

Is for men and women who have to work hard and need extra energy. MALTAPAX with vitamins contains extra quantities of the principal vitamins A, B1, C and D, completely dissolved in malt extract. It combines the body-building and strengthening properties of malt extract with the desired quantities of vitamins. The pleasant unique raspberry flavoured taste of MALTAPAX with vitamins makes it extremely popular. For taking in between courses of SUPER NATRU-GAIN.



Contains:  
 Vitamin A . . . . . 4000 I.U.  
 Vitamin B1 . . . . . 300 I.U.  
 Vitamin C . . . . . 100 I.U.  
 Vitamin D . . . . . 400 I.U.  
 Calcium glycerophosphoricum . . . . . 0.2%  
 Calcium gluconicum . . . . . 0.4%  
 Dissolved in pure barley-malt extract.

Ingredients:  
 Maltose . . . . . 60%  
 Dextrin . . . . . 13%  
 Raspberry flavoured

2 LBS.  
 Sufficient for one month

# SUPER NATRU-GAIN

(FORMULA C.V.)

THE BODY BUILDERS, WEIGHT LIFTERS AND ATHLETES CRASH COURSE TO MORE MUSCLE POWER AND AN EXCELLENT AND CONVENIENT WAY TO GAIN WEIGHT

Each two-week course of Super Natru-Gain Pack contains:  
10 dram B2 wts. (232 grams) Chocolate Flavour and 4 dram B5 wts. (913 grams) Vanilla Flavour Adding up to 7 lbs. of Vital Protein, Vitamins, Carbohydrates and Minerals which are necessary to Gain Weight.



## NATRU-GAIN TABLETS

Very popular and widely used in conjunction with other products which put on weight. Contains vitamins and iron.

Contains:  
Vitamin B1 - Vitamin B2 - Nicotinamide - Panthoic  
Pyridoxine (HCl) - Vitamin B12 - Ferrous Gluconate  
30 TABLETS Sufficient for one month



## NATRU-GAIN ELIXIR

For the under weight. It is the active persons daily boost of energy with a bonus of vitamins and iron. NATRU-GAIN ELIXIR is a wonderful active giving and nourishing health preparation for active people. Taken regularly together with a high calorie diet this will help you to put on weight. Very delicious to take.

Contains:  
Liquid Glucose B.P.C. - Honey - Citric Acid B.P.C.  
Ferro Ammonium Citrate - Nicotinamide - Vitamin B1  
Vitamin B2 - Vitamin B12  
TWO LARGE 500 ML. BOTTLES Sufficient for one month



## SLIM-AID

The main ingredients of SLIM-AID is methylcellulose, a perfectly harmless non-habit forming substance which fills the space normally occupied by food. This stops you from feeling hungry and you therefore eat less. In order to replace the energy you use up in your daily routine your body uses up excess fat and in this case you lose weight. Ideally SLIM-AID should be taken in conjunction with a low calorie diet. Exercise is also useful, since it helps to trim off those inches in unwanted places.

Contains:  
Methyl Cellulose - Thiamine - Riboflavin - Nicotinamide  
Ascorbic Acid  
100 TABLETS Sufficient for a 30-day course



## ACTIO TABLETS

A quick energy supplier. An important food supplement for those undertaking regular routines in physical culture. Non-habit forming. Used by athletes because it is ideal for taking before or during training or sport activity, providing that extra boost for special performances.

Contains:  
Dextrose - Thiamine - Riboflavin - Nicotinamide  
Calcium  
100 TABLETS Sufficient for one month



## BUILD-U

Many doctors believe that Vitamin C increases resistance to colds and flu. Your body does not store Vitamin C so if you think you are short of it ensure a daily supply by taking BUILD-U. Essential in Vitamin C deficiency.

Contains:  
Ascorbic Acid (Vitamin C) - Heperidine  
40 TABLETS Sufficient for one month



## NOR-HAEM TABLETS

It contains Liver for its red blood cell-making factors: iron, copper, which helps the blood utilise iron and important vitamins.

Contains:  
Liver Conc. - Ferrous Sulph. - Thiamine - Heperidine  
Riboflavin - Nicotinamide - Vitamin B12 - Copper Sulph.  
BOTTLES OF 100 TABLETS Sufficient for one month



## SEVEN PLUS

Seven Plus provides seven essential vitamins, plus iron. If you think you need extra vitamins this is for you. Used by many as the companion to body building courses. Seven Plus protects against unsuspected vitamin deficiencies in the ordinary diet.

Contains:  
Vitamin A - Ascorbic Acid B.P.C. - Riboflavin B.P.  
Cyanocobalamin B.P. - Ascorbic Acid B.P. - Calciferol B.P.  
Tocopherol - Acetate B.P.C. - Ferrous Gluconate B.P.C.  
Caffeine B.P. - Tocopherol  
30 TABLETS Sufficient for one month



50 FOR MASCULINE ELEGANCE

50 USED BY CHAMPIONS

AN INTERNATIONAL NAME  
IN MEN'S TOILETRIES

EAU de COLOGNE  
SHAVE LOTION  
HAIR DRESSING  
BODY LOTION  
SHAMPOO

## PRICE LIST and ORDER FORM

SPORT HEALTH FOOD SUPPLEMENTS are safe to take in any combination

Prices include postage and packing

Each item is sufficient for one month's supply unless stated.

Please send me the items I have marked. I enclose crossed cheque/postal order/cash, made payable to SPORT-HEALTH (P) LTD.

Value £

Name .....

Block Capitals Please

Address .....

Signature..... / /19

Please tick the items required and indicate the quantity

		Tick	Quantity
Super Natrugain 'Economy Pack' (Formula C.V.) 4 weeks (14 lbs)	£8.25		
Super Natrugain (Formula C.V.) 2 weeks (7-lbs)	£4.35		
" " 1 week (3½-lbs)	£2.50		
Natrugain Elixir (1 litre)	£1.85		
Natrugain Tablets (90 tabs)	70p		
Seven Plus Tablets (60 tabs)	75p		
Actio Tablets (100 tabs)	70p		
Staminol Special 'E' (6½ fl. ozs)	95p		
Staminol Capsules (100 Caps)	55p		
Slim Aid (100 tabs)	75p		
Build-U Tablets (90 tabs)	55p		
Multi-Protein (360 tabs)	75p		
Maltapax (2-lb jar)	£1.50		
Nor-Haem (100 tabs) (Liver, Iron & Vitamins)	80p		
Shampoo	40p		
Hair Groom	50p		
Body Lotion	70p		
Eau-de-Cologne	85p		
Shave Lotion	85p		