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PLINY A. PORTER—Publisher
New Clinical Findings on a Challenging Subject
are to be found in the new

SYMPOSIUM ON DIABETES
Rachmiel Levine, M.D., Guest Editor

Topics include:
* The Prediabetic State. A Concept of Dynamic Resistance to a Genetic Diabeticogenic Influence
* Electron Microscopy of the Beta Cell of the Pancreas
* Adenocarcinoma of the Pancreas in Diabetes-Prone Chinese Hamsters
* Periodontal Pathology in a Strain of Chinese Hamster, Cricetus griseus, with Hereditary Diabetes Mellitus
* Comparative Aspects of Spontaneous Diabetes Mellitus in Animals
* Plasma Insulin in Health and Disease
* Immunologic Aspects of Insulin
* The Production of Experimental Diabetes by Means of Insulin Antibodies
* On Some Biochemical Aspects of Diabetes Mellitus
* Ketogenesis and Hyperketonemia
* Critique of the Therapeutic Usefulness of the Oral Agents in Diabetes

Contributors include:
Stanley S. Bergen, Jr., M.D., St. Luke's Hospital, New York, N.Y.
Solomon A. Bergon, M.D., Veterans Administration Hospital, Bronx, N.Y.
Michael Cohen, D.M.D., Tufts University School of Dental Medicine, Boston, Mass.
Jerome W. Conn, M.D., University of Michigan School of Medicine, Ann Arbor, Mich.
Stefan S. Fajans, M.D., University of Michigan School of Medicine, Ann Arbor, Mich.
Paul E. Lacy, Ph.D., Washington University, St. Louis, Mo.
Rachmiel Levine, M.D., New York Medical College, New York, N.Y.
Alexander Marble, M.D., Joslin Clinic, Boston, Mass.
Hans Meier, D.V.M., Ph.D., Jackson Memorial Laboratory, Bar Harbor, Maine
William F. Poley, Ph.D., Graduate School of Public Health, University of Pittsburgh, Pittsburgh, Pa.
Gerald Shklar, D.D.S., M.S., Tufts University School of Dental Medicine, Boston, Mass.
Theodore B. van Itallie, M.D., St. Luke's Hospital, New York, N.Y.
Peter H. Wright, M.D., M.Sc., Northwestern University School of Medicine, Chicago, Ill.
Rosalyn S. Yalow, Ph.D., Veterans Administration Hospital, Bronx, N.Y.
George Yerganian, Ph.D., Boston Children's Hospital, Boston, Mass.

The Symposium on Diabetes was published in the December 1961 issue of the American Journal of Medicine. Subscription for one year (12 issues), $14.00; Canada, $15.00; Foreign, $18.00. Reprint of Symposium on Diabetes, $3.00 postpaid.

The American Journal of Medicine
466 Lexington Avenue, New York 17, N.Y.
Restricts Fat-

Fill the glass with Carnation Instant Nonfat Dry Milk!

<table>
<thead>
<tr>
<th></th>
<th>Whole Milk</th>
<th>Carnation Instant*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>3.3%</td>
<td>0.075%</td>
</tr>
<tr>
<td>Calories</td>
<td>581</td>
<td>325</td>
</tr>
<tr>
<td>Minerals (Incl. Ca, P, Na and K)</td>
<td>0.6%</td>
<td>0.75%</td>
</tr>
<tr>
<td></td>
<td>WHOLE MILK</td>
<td>CARNATION INSTANT*</td>
</tr>
<tr>
<td>Protein</td>
<td>3.1%</td>
<td>3.4%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>4.5%</td>
<td>4.8%</td>
</tr>
<tr>
<td>Cost per quart</td>
<td>$0.25</td>
<td>$0.09</td>
</tr>
</tbody>
</table>

*1/3 cups (3.2 oz.) Carnation Instant Nonfat Dry Milk with water to make 1 quart.

Carnation Company
WHEN YOUR THERAPY

Why turn down all of milk's benefits?

Your obese, diabetic, cardiac, pregnant, and aged patients share one common fact (aside from the good fortune of having you as their physician). They should all shun excessive amounts of fats and calories in their diets. But today there is no need to deprive these patients of all the many desirable nutrients of milk in order to avoid the undesirable. Carnation Instant Nonfat Dry Milk delivers the bulk of milk's nutritious ingredients without its fat and with a consequent reduction in caloric content. It may readily be reconstituted with cold water for use as a good-tasting beverage or used in recipes that call for milk. It may also be prepared over-strength for increased nutritional benefits. Why not give your patients one more thing in common...Carnation Instant Nonfat Dry Milk offers them good, fresh flavor and economy too...highly attractive features of long-term therapy.
Alterations of Alcohol Dehydrogenase and Other Hepatic Enzymes Following Oral Alcohol Intoxication

ROLANDO B. FIGUEROA AND ARTHUR P. KLOTZ

The question of a direct toxic effect of alcohol on the liver is of obvious importance. This paper reports experiments on rats in which alcohol was fed for several weeks. Hepatic enzyme activities were studied. A clear distinction is made between the effects of alcohol and those of caloric intake.

Diet Therapy

Food Habits of Greek-Americans

KYRIAKE V. VALASSI

Special Departments

Perspectives in Nutrition

Watch for the Symposium on
Recent Advances in the Appraisal of the Nutrient Intake and the Nutritional Status of Man

ROBERT S. HARRIS, M.D.

Guest Editor
a sign of Quality...

Only 1/72" thick, the gelatin shells of GEVRAL Capsules withstand temperatures below freezing.

This is but one of many rigid quality control checks we specify to make sure your patient will receive the full vitamin potencies you prescribe or recommend. Along with temperature, breakage, storage and moisture tests of the capsule, repeated assays of each vitamin and mineral ingredient are made during every step of manufacture.

Another quality factor...

GEVRAL Capsules are made on Lederle’s exclusive ACCOGEL® encapsulation machine which seals dry powder ingredients in a one-piece capsule for better absorption and relative freedom from an unpleasant aftertaste.

When you prescribe or recommend any Lederle nutritional supplement, you can be sure your patient will receive the full benefit from the potency listed on the label.

GEVRAL® for the entire family

Vitamin-Mineral Nutritional Supplement Lederle


For complete Lederle vitamin formulas, see your Physicians’ Desk Reference.

LEDERLE LABORATORIES, A Division of AMERICAN CYANAMID COMPANY, Pearl River, New York

Lederle
Help speed recovery...

Naturally nutritious oatmeal provides high protein thiamine and iron

In debilitating illnesses and following traumatic stress, Oatmeal guards against malnutrition through its natural nutritious values. Oatmeal is valuable as the first food following surgery.

High essential protein, thiamine and iron, medium carbohydrate, low fat and low sodium content make Oatmeal ideal in the dietary management of medical and surgical patients.

Oatmeal is not only valuable as a nutritious breakfast food, but also for the in-between nourishment patients need to help speed recovery.

One ounce of Quaker Oats provides the following percentages of adult M.D.R.: Thiamine (vitamin B1) 16.5%; phosphorus 16.5% and iron 11.0%. Each ounce also provides 110 calories, 6.9% fat, 62.4% carbohydrates, and 1.5% non-nutritive crude fiber.

Write for new booklet, "Why Oatmeal Is Naturally Nutritious."

The Quaker Oats Company
CHICAGO 54, ILLINOIS
Now for the first time... With Cotazym, the physician can “calculate the dose of pancreatic extract needed to digest the amount of fat contained in a meal” in steatorrhea, chronic pancreatitis, malabsorption, post-gastrectomy syndrome, or cystic fibrosis.

By providing potent, measurable, predictable fat-splitting activity, as well as adequate starch and protein digestant activity, Cotazym enables the physician for the first time to “calculate the dose of pancreatic extract needed to digest the amount of fat contained in a meal.” Thus it enables him to plan “a more logical therapeutic regimen” in digestive disturbances caused by organic deficiencies in pancreatic enzymes. Example: In a normal daily diet of 2500 calories, fat represents approximately 1000 calories (107 Gm.). This can be adequately “covered” with 6 or 7 Cotazym Capsules, divided according to the fat content of each meal or snack.

Each Cotazym Capsule contains:
Lipase (steapsin) having a digestive power for 17 Gm. (158 calories) of dietary fat.
Amylase (amylopna) having a digestive power for 40 Gm. (164 calories) of dietary starch.
Proteinase (trypsin) having a digestive power for 34 Gm. (140 calories) of dietary protein.

*Price method.  **N.F.X. method.

Supply: Cotazym Capsules, bottles of 100.


Organon

ORGANON INC., West Orange, N. J.
Of all leading brands...

Mazola Corn Oil—Mazola Margarine

*Best combination for cutting down saturated fat in the diet*

FOR THE FULL STORY, TURN THE PAGE.
Serum cholesterol levels can be controlled through regulation of fat intake

Modern nutritional practices call for substitution of polyunsaturated for saturated fats, while maintaining appetizing meals.

Dietary control of serum cholesterol levels can be effective in many patients using a regimen willingly followed. Leading authorities recommend three steps: (1) controlling caloric intake to avoid obesity; (2) limiting fat intake to about 1/2 the total calories; (3) selecting fat-containing foods so that the ratio of polyunsaturates to saturates (P/S ratio) in the diet will be appreciably over 1.0.

Of all leading brands, Mazola Corn Oil and Mazola Margarine are the best combination for achieving these ends. Within their respective classes, Mazola Corn Oil and Mazola Margarine have polyunsaturate/saturated ratios that are outstanding (4.6 and 1.5 respectively). Note composition tables and polyunsaturate/saturate graphs below.

Mazola Corn Oil is unexcelled in polyunsaturates content and lowest in saturates among leading brands of vegetable oils. It is ideal for salads, frying, baking and wherever liquid shortenings are called for.

Mazola Margarine contains non-hydrogenated Mazola Corn Oil as a major ingredient. It's the perfect table spread for the entire family.

These nutritious, appetizing foods make it easier for the hypercholesterolemic patient to achieve and maintain proper fat balance in his diet. To help you and the hypercholesterolemic patient in proper selection of a cholesterol-reducing diet, Corn Products will be pleased to send you a kit outlining diets, fat content, etc. Mail the card below for your copy.

![Table of Composition and Ratios](image)

**AVERAGE COMPOSITIONS OF** **Mazola Margarine and Mazola Corn Oil**

<table>
<thead>
<tr>
<th></th>
<th>Mazola Margarine</th>
<th>Mazola Corn Oil</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatty Acids</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated</td>
<td>13</td>
<td>8</td>
</tr>
<tr>
<td>Monounsaturated</td>
<td>23</td>
<td>14</td>
</tr>
<tr>
<td>Saturated</td>
<td>32</td>
<td>11</td>
</tr>
<tr>
<td>Natural Tocopherols</td>
<td>0.08</td>
<td>0.045</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>none</td>
<td>none</td>
</tr>
<tr>
<td>Sodium</td>
<td>0.3</td>
<td>1.3</td>
</tr>
<tr>
<td>Fatty Acids</td>
<td>1.5</td>
<td>1.5</td>
</tr>
</tbody>
</table>

**RATIO OF POLYUNSATURATES/SATURATES**

<table>
<thead>
<tr>
<th></th>
<th>Table Spreads</th>
<th>Vegetable Oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Margarine</td>
<td>1.5</td>
<td>4.6</td>
</tr>
<tr>
<td>Corn Oil</td>
<td>2.0</td>
<td>1.6</td>
</tr>
<tr>
<td>Cottonseed Oil</td>
<td>6.4</td>
<td></td>
</tr>
<tr>
<td>Peanut Oil</td>
<td>1.6</td>
<td></td>
</tr>
<tr>
<td>Olive Oil</td>
<td>1.6</td>
<td></td>
</tr>
</tbody>
</table>

**FREE! PROFESSIONAL KIT**

To get your copy, send the prepaid postcard at the left—but remember to PRINT your name and address. You will receive diet information for the hypercholesterolemic patient, including menu guide and sample menus at three caloric levels: 1,200, 1,800, and 2,500 calories per day. The fat exchange lists included in the dietary guide provide an easy way to vary the menu and retain the desired polyunsaturate-to-saturate ratio. Also included are answers to questions commonly asked by professional people about Mazola Corn Oil and Mazola Margarine plus detailed fat composition data in easy reference form.
When you are confident that your patient is in an optimal nutritional state, there is little to be gained through vitamin therapy...
But when acute or chronic disease interferes with adequate intake, retention, or utilization of nutrients, or when requirements are heightened, there is much to be gained through vitamin therapy

**THERAGRAN**

<table>
<thead>
<tr>
<th>Vitamin A</th>
<th>25,000 U.S.P. Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin D</td>
<td>1,000 U.S.P. Units</td>
</tr>
<tr>
<td>Thiamine Mononitrate</td>
<td>10 mg.</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>10 mg.</td>
</tr>
<tr>
<td>Niacinamide</td>
<td>100 mg.</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>200 mg.</td>
</tr>
<tr>
<td>Pyridoxine Hydrochloride</td>
<td>5 mg.</td>
</tr>
<tr>
<td>Calcium Pantothenate</td>
<td>20 mg.</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>5 mcg.</td>
</tr>
</tbody>
</table>

For full information see your Squibb Product Reference or Product Brief.

Squibb Quality—the Priceless Ingredient
Why Do We Need Vitamin A? Years of research going back as far as 1909 show that vitamin A is essential for children's growth and the continuing health of our eyes, skin, and other parts of the body.

The body gets vitamin A from many sources:
- Vegetable foods rich in the carotenoids (provitamins A):
  the body converts these to vitamin A;
- Animal products containing vitamin A;
- Processed foods fortified with vitamin A, or beta carotene,
or both;
- Pharmaceutical preparations containing vitamin A.

In spite of the acknowledged need for this essential vitamin, and its ready availability in many foods, a study by the U.S. Department of Agriculture* shows a decrease in per capita consumption, beginning in 1946 (see chart). This trend could be reversed by increased use of foods naturally rich in vitamin A, or fortified with this vitamin by the processor.

*Page 38, Catalog of Selected Charts, U.S.D.A. Misc. Publ. 799

Free Vitamin Information. Ask the Roche Department of Education for the new 16-page booklet, Vital Stories About Some of the Essential Vitamins — A, B, (Thiamine), B, (Riboflavin), C (Ascorbic Acid), Beta Carotene. Free Technical Service for food processors and pharmaceutical manufacturers from Roche Technical Department. Write or phone right away.
In the concept of good nutrition...

pills teach no lessons in weight control

The person following a weight reduction diet already tends to be frustrated. The pill, capsule or formula ration that substitutes for food and the cordiality of mealtime only adds to his misery.

Since time began, man has given cultural values to food that often outweigh his consideration of nutrition. Primitive people would fast or feast intertemporally as part of religious practice. Only a generation ago, the image of success among men in business was a large stomach, often adorned with a gold chain. Today, possession of the slender silhouette of youth during middle and later years symbolizes the physical ideal of man or woman.

Sound medical practice governing weight control recognizes such powerful cultural values in food. The physician knows that mealtime must satisfy emotional as well as physical needs. The individual must learn to manage food energy intake in relation to calorie expenditure—to lose, gain or maintain weight.

To this end, we offer you a review copy of the pamphlet written for professional distribution, "Weight Control—The Module Way," a new concept of easy, lifelong food management for the individual. With it you will also receive what is perhaps the most comprehensive collection of papers available on the "Prevention of Obesity." Both support the principle that basic lessons of food management cannot be learned with lasting effect at the expense of the pleasures of food and companionship at mealtime.

The nutritional statements made in the pamphlet featured in this advertisement have been reviewed by the Council on Foods and Nutrition of the American Medical Association and found consistent with current, authoritative medical opinion.

FREE — USE COUPON OR SEND BLANK

To: Wheat Flour Institute
309 West Jackson Boulevard, Chicago 6

Please send me free of charge and without obligation a professional review copy of "Weight Control—The Module Way," together with a reprint of the papers from the American Heart Association symposium, "The Prevention of Obesity."

(Please print)

NAME

ADDRESS

CITY

ZONE

STATE

(Wheat Flour Institute, Inc. at 1375 E. 70th St., Chicago 37, Illinois)
Soft Drinks are for fitness, too

Six to eight glasses of liquid a day are needed to maintain the body's fluid reserves at optimum level—more if the weather is hot or physical activity particularly strenuous. Because soft drinks offer appealing flavor and refreshing carbonation in addition to their pure liquid content they are accepted readily as a means of maintaining body fluid balance.

Hospitals recognize the appeal of carbonated beverages and use them extensively. In a study of 380 hospitals, 85% use soft drinks regularly to relieve nausea, stimulate digestion and assure adequate liquid intake where other liquids can not be tolerated. In addition to their uniform purity and taste appeal, carbonated beverages offer 100 energy-units of quickly convertible sugar—an effective way of combating fatigue. They are widely used at home or in offices and plants during mid-morning and mid-afternoon "breaks" as a quick pleasant refreshment that restores energy and efficiency.

Soft drinks not only taste good, they play an important role in maintaining and restoring general fitness.

AMERICAN BOTTLEERS OF CARBONATED BEVERAGES
1128 16th St., N. W., Washington 6, D. C.
The "coffee break" habit is not confined to industry only but exists in professional and educational institutions. The above booklet is based on the 23rd scientific paper from the Iowa Breakfast Studies. It is illustrated and written in the popular view. It is available free to professional and educational people in reasonable quantities for their own use. Send coupon below.

**CEREAL INSTITUTE, INC.**
135 South LaSalle Street  •  Chicago 3, Illinois

Send _____ copies of "coffee break" booklet.

Name ____________________________
Address __________________________
City ______________________________
State ____________________________
challenging new research study showed...

New Crisco shortening lowered as effectively as an

In a carefully controlled JAMA-published study (1962), in which new CRISCO shortening and unhydrogenated cottonseed oil were used as sole sources of fat in the diet, new CRISCO was shown to be equal to the unhydrogenated oil in ability to lower serum cholesterol levels.

Objectives of the Holmesburg study

(1) To study the effects of widely consumed partially hydrogenated and unhydrogenated fats and oils on serum cholesterol and to compare them for the first time with the effect produced by the fat consumed in the average American diet.

(2) Secondarily, to contribute additional knowledge on the influence on serum cholesterol response of such dietary fat variables as saturated fatty acid level, polyunsaturated: saturated ratio, fatty acid isomer content.

Design and controls

Fully controllable subjects—The 32-week experiment was completed December, 1961, by 36 healthy male inmates, aged 25 to 44, in Philadelphia County Prison, Holmesburg, Pa.

Fats tested—The fats tested were four widely consumed partially hydrogenated vegetable fats (including new Crisco), an unhydrogenated cottonseed oil, butterfat, and a composite blend representing the fats consumed in the average U.S. diet as determined by the U.S. Department of Agriculture.

Pre-experimental feeding period—To obtain an average control level of serum cholesterol for all subjects, they were observed on the usual American diet for a preliminary period of six weeks.

Unique weaning period—Subjects then underwent a gradual two-week transition from a normal to liquid diet to accustom them to the experimental diet and avoid gastric discomfort.

Liquid formula diets—Each of seven dietary fats tested was introduced as the sole fat in a liquid emulsion diet. The fat constituted 40 per cent of the total caloric value of each daily diet.

Fully characterized fats—Analytical values of

We suggest that you read the complete paper in JAMA, May 5, 1962—or write for reprint to Procter &
average cholesterol levels unhydrogenated vegetable oil

Means you can be confident new CRISCO contributes a cholesterol-depressant factor to your patient's diet

fed for an eight-week period to a total of four of the seven different groups of subjects. This modified Latin-square design assured optimal statistical reliability.

Equilibration periods — The first half of each eight-week test period served as a transition period to allow serum cholesterol levels to respond to the change in dietary fat. Only data obtained during the last four weeks of each period were used in arriving at final averages.

Multiple check on cholesterol determinations — In addition to the usual crystalline cholesterol standard, replicate samples from a single batch of dried human serum were checked along with experimental serum samples to assure reliability of the method.

statistically significant findings
Three of the partially hydrogenated fats (including new CRISCO) produced lower serum cholesterol responses than the fat consumed in the average U.S. diet and equal to unhydrogenated cottonseed oil. There was no statistically significant difference between the fourth partially hydrogenated fat and the fat consumed in the average U.S. diet. Butterfat produced significantly higher cholesterol response than all the other fats (see graph).

Equivalent cholesterol-lowering response was obtained from fats whose polyunsaturate:saturate (P/S) ratio ranged from 1.2 to 2.6. Results indicate some depression occurs at a ratio as low as .5. Quantities of total trans acids up to 21 per cent and trans linoleic acid up to 8 per cent had no elevating effect on serum cholesterol under the conditions of the study.


in your patient's diet...
New CRISCO shortening contributes a cholesterol-depressant factor that helps avoid objectionable changes in patient cooking and eating habits.

This reassuring news about new Crisco, as clearly demonstrated in the Holmesburg Study, underscores the importance of its fatty acid composition. Consistent with the view that higher levels of polyunsaturates are desirable, new Crisco achieves a 27 to 31 per cent level of polyunsaturates and a total of 72 to 78 per cent unsaturates. New Crisco was the first all-purpose shortening to provide a linoleic acid content of 23 to 26 per cent.

Equally reassuring for patients is the fact that new Crisco permits them to continue enjoying the cooking advantages of an all-purpose shortening*. These advantages—better-tasting foods, outstanding freshness and lack of oily taste—can be enjoyed with the knowledge that new Crisco also contributes a cholesterol-depressant factor to their diet.

*All-purpose shortening is used by 9 out of 10 American families, according to Cooking Habits Study—1961, conducted by National Analysts, Inc.

**Based on fatty acid composition of the average U.S. household diet—calculated from United States Department of Agriculture data, August, 1957.

Gamble, Professional and Research Services, Food Products Division, P.O. Box 599 - M.J., Cincinnati, Ohio.
Same man. Same appearance. But Mr. After is taking Mi-Cebrin-T, receiving vitamin-mineral supplementation that can’t be seen. Replacement of the nutritional reservoir following surgery or prolonged illness is Mi-Cebrin T’s own cup of tea.

Like all Lilly vitamins, it does its job extremely well. May we prove it to you? This is a reminder advertisement. For adequate information for use, please consult manufacturer’s literature. Eli Lilly and Company, Indianapolis 6, Indiana.

Mi-Cebrin T (vitamin-minerals therapeutic, Lilly)