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## TOP TIP

About one third of the world's population suffers from hidden hunger, which occurs when people do not get all of the vitamins and minerals they need over a long period of time. This can lead to a range of health issues and can impede children's ability to reach their full potential.

NN Corn Flakes is enriched with 14 essential vitamins and minerals, including iron.
Only ±R1, 80 for a cup of vitamin-enriched corn flakes.

FOR FREE DIETARY ADVICE,

contact the Pick n Pay dietitian at healthhotline@pnp.co.za