



TOP TIP

Vitamins and minerals are essential for our health. They have so many functions such as boosting our immune system, preventing damage and repairing body cells, converting food to energy and strengthening our bones.



PnP instant oats porridge is enriched with 14 essential vitamins and minerals, including iron. Only ±R2,20 for a bowl of vitamin-enriched cooked oats.



FOR FREE DIETARY ADVICE,
contact the Pick n Pay dietitian at healthhotline@pnp.co.za