

- I had my FOF this morning.

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Narrator: FOF is Fortified Oat Flakes, and Fortified Oat Flakes is FOF. FOF is loaded with nutrition essential to an active man. This is a high protein cereal with eight essential vitamins, important minerals, and FOF has a hardy old taste men really like.

- It's a good thing we had our FOF this morning.

Narrator: FOF, it really fortifies a man.