

- I'm a homemaker. To reach my house you go through this gate which needs to be fixed. And here we are. And here's my husband, John. He used to just mope around, big chief on the cloud. Well, this cranky sort of behavior often spelled irregularity due to lack of bulk in the diet. So I got him to try Post 40% Bran Flakes. They're a very gentle, natural way to enjoy the key regular benefits of bran day after day after day and they're absolutely delicious. John tried Post 40% Bran Flakes and liked them. And little by little, he began to feel more like his old self again. Now, I don't say Post Bran Flakes have made him turn handsprings. He's no spring chicken after all, but he does feel better. Well just look at him now! Seriously, Post 40% Bran Flakes are just the thing to help your family feel fit. The tastiest way ever to get that healthy outlook.