We see our centres and our job as providing people with the very best food, vitamins, minerals, beauty products etc. we can find, backing up that service with the most up-to-date nutritional information to help them achieve their potential.

Tony Quinn Health Foods **Agents** 

84 Shantata Road, 842-819; BLACKROCK - Paul Doyle 3 Avondale Lawn Ext.

CASTLEKNOCK - Carol Cooney, 10 Park Drive Grov 

788098

DUBLIN 8 - Holistic Ki Massage and Yoga Centre. and Yoga Centre.
53 Synge St. 783347
FAIRVIEW - Dora Cronin.

333211 FIRHOUSE - Cyril Mahon. 99 Glenvara Park.

99 Glenvara Park. 942437 HOWTH - Siobhán Clifford. 5 Church Street. 323067 RAHENY - Margaret Forde. Tony Quinn Health Centre 316 Howth Road.

339902 STH. CIR. RD. - Patricia 2 Physomfield Ave 543319 SWORDS - Donal & Bernie O

hÓbain. 29 Forest Blvd. 840-5540 CO. ARMAGH - Margaret

Shortt. 63 Dundrum Road, Tassagh (0861) 531463 also Cascades Swimming Pool

Portadown (0762) 332802 CARLOW - Josephine Donnelly 26 Mountain View, Pollerton. (0503) 41878 CASHEL - Liam Kelly.

(062) 62063 CASTLEBLAYNEY - Patricia (042) 46328 CELBRIDGE - M. & B

(073) 22646 DROGHEDA - Maire Maguire

GALWAY Mary Dolar KILKENNY - Sean Kelly 102 Patrick St. (056) 63874 NAAS - Kevina Lovatt, Millbrook

Health Studios. (045) 75356 NAAS - Ki Massage Therapy Clinic. St. David's House. Mair Clinic. St. David's House. M: St. (045) 74350 WATERFORD - Caroline Moran. 5 Barronstrand Road. (051) 76279

We have advised people from all walks of life - rock stars, politicians models, body-builders, cyclists, athletes, football players, students etc. We continuously conduct wide-scale research into the effects of various dietz and sunolements on

Tony Quinn Health Foods

Shops

DUBLIN CITY

67 ECCLES ST (Off Dorset St) Tel: (01) 308588

LAOGHAIRE

**RATHMINES** WYNNEFIELD RD

ARMAGH

BRAY

COPK

DÚN

Mon-Fri: 9am - 10pm Sat: 9am - 6.30pm

96 LR GEORGES ST Tel: (01) 280-9891 Mon-Sat: 10am - 6pm Late Nights: Mon, Wed & Fri till 8pm

(Opp ESB Office)
Tel: (01) 974234
Mon-Fri: 10.30am - 8pm
Sat: 10.30am - 6pm

41 ENGLISH ST. Tel: (0861) 525742 Mon-Sat: 10am - 6pm Closed all day Wednesday

9 OUINSBORO ROAD

Tel: (01) 286-9311 Mon-Sat: 10am - 6pm Late Nights: Mon & Thurs till 9pm

20 ACADEMY ST Tel: (021) 276364 Mon-Sat: 10am - 6pm Late Nights: Tues & Fri till 9pm

18 JOCELYN ST Tel: (042) 38097 Mon-Sat: 10am - 6pm Late Nights: Mon & Thurs till 7.30pm

Special

Note

All letters in this paper are genuine. The

originals are retained or our files and can be inspected where

necessary

DUNDALK

**Have Thicker** 

Hair Instantly

Conditioner is a cosmetic product for anyone troubled by thinning or fine hair. The Hair Thickener lotion actually binds itself around each individual strand of hair adding thickness and gloss and giving a fuller look and feel to the hair.

Suitable for men and women.

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### Herbal pH **Balanced** Shampoo

With Tony Quinn's Herbal
Shampoo you can be assured
you're getting the best
shampoo on the market.
We've tried them all and this
product is so mild, effective
and properly pH balanced it
cleanses without damaging the
hair. It can also be used as a
body shampoo. body shampoo. Size 125cc £1.89 500cc £5.99

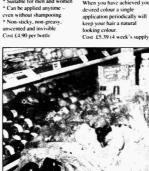
## Restore Your Hair Colour Without **Dyeing**

Restore your natural hair colouring with our tried and tested product Original Colour Restorer. It is not a dye or a tint or colouring agent. Daily application increases hair pigmentation to restore natural colour in 2 to 4 weeks.

Suitable for men and women will not weak out.

Will not wash out

\* Will not wash out "Usable by brunettes, blondes and dark-haired people When you have achieved your desired colour a single application periodically will keep your hair a natural looking colour. Cost £5.39 (4 week's supply)



# A WONDER FOOD LIVER FORMULA

Improved skin, hair, increased energy and general health.

Among important nutrients found in liver are nucleic acids, renowned for their youthifying effects. Nucleic acids enhance the person's energy levels as well as improving skin tone and hair condition. Liver is often termed "a wonder food". Our SPECIAL LIVER FORMULA is super-concentrated, with moisture, fibre and fat removed. This convenient supplement form is a popular choice for men and women who need to look and feel their best, and particularly athletes and sportspeople seeking better endurance.

Cost: £12.00 (one month's supply)

#### A Mother's Testimonial

Since the children were eating solids I've always given them a few Liver Formula tablets. I know from my own experience as a dietician and fitness instructress that they are great for energy and stamina as well as giving a healthy glow to skin and hair.



would be poorly and their appetues might be low once they get their Liver Formula Tablets I feel happier that they have a form of insurance for good health. Siobhan Clifford.

## A Full range of Quality Organic Fruit and Vegetables

At Tony Quinn's health food shops we have always been keen to have as much quality organic food available as possible. Happily we can now provide you with a walke variety of fresh organic fruit and vegetables like lettuce, carries, celery, turnips, herbs, bestroot, sipnach, apples, oranges, ears, kiwi, peaches, avocados etc. at our faceles Street Branch.
Look out also for our wide range of organic products like jams, soups, soya products, oils, juices etc.