WEIGHT LOSS

We continue to receive letters from our readers regarding Amino-Or as an energy booster and body toning aid. Amino-Or is a food supplement taken in capsule form. We make no claims for this product.

More Weight Loss

I have been using Amino-Or for 2 months now, and I have found them excellent for weight loss. I can eat normal meals every day, but have given up cakes & dessert. I am going on to my third month now and look forward to more weight loss. In the first 2 months I lost 1 stone in weight. I would recommend "Amino-Or" to anybody. Thank you. Yours sincerely, J.Walshe. (Co.Dublin)

Lost Stones in Weight

I've been taking Amino-Or for about 18 months. I've lost stones in weight. They also give me terrific energy. I would recommend Amino-Or to anyone whether they are trying to lose weight or not. They make me feel fantastic. Deborah. (Dublin 7)

They Really Work

Being involved in the fitness industry for a good few years, & having tried out many different methods of trimming up, I have recently discovered Amino-Or. I have been taking them for the last three months and I cannot explain how they work but I can tell you they really work!! Not so much losing 'weight' but definitely losing FAT & toning up. I'm really delighted with them and have had no side-effects only very positive results. P.D.

Drop in weight or dropping weight !!!

So Delighted

When my daughter was getting married she needed to lose about half a stone and liked her food very much so when I heard about Amino-Or I got her to try them. In a week the dress fitted her. She lost her half stone and became firm all over. She was so delighted she has got some of her friends to try them and they also are very pleased. Kay Boles. (Co. Dublin)

Lost Just Over 1 Stone

After taking Amino-Or tablets for 4 weeks I lost just over 1 stone in weight. I wasn't dieting at all and I found them very good for my energy. Lorraine C. (Shankill)

No Diet

I had a weight problem for the last 3 to 4 years. I have tried lots of ways but I started on Amino-Or. I am on them for the last 3 weeks and I have lost just over 1 stone. I am not on any diet, I am still eating normal foods. I am very happy with the results. M Long. (Co Dublin)

Lost Inches Off My Waist

I heard about the Amino-Or in the paper. I decided to give it a try. I tried previous diets with very little results, so I stared taking the Amino-Or. After 8 weeks I lost 1 st 2lb and was delighted with the results. Also my energy has increased. I have also lost inches off my waist and my clothes are fitting me better now. E.K. (Meath)

They are Great

Dear Tony,
Would you kindly send on two boxes of Amino-Or. They are great. I have lost inches. I really think they are great.Yours,
Mrs D. Garvey.

Lost 21 lbs in Six Weeks

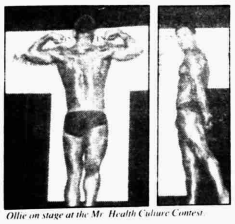
by Adrian Doyle

I was 16 stone last February and had been this weight for many years. On going on a course of Amino-Or supplements for a period of six weeks the result was a weight loss of 21 lbs taking me down to 14½ stone.
I feel marvellous, better than I have for years.

It should be pointed out that I would have had a salad (including a few potatoes) about five times a week and that I made it a rule not to eat between meals, however if I felt hungry I did eat. The whole programme went very well for me and needless to say I am delighted with the results.

Ollie Smith, Winner of Mr Health Culture Senior 1992, Champion Bodybuilder

I have been bodybuilding for several years now. Last January I decided to enter the Mr Health Culture contest. My training programme involved weight-training, a strict diet supplemented with Amino-Or under the supervision of Ed Wall at the Tony Quinn Gym. On the 25th January I weighed 194 lbs with an 18.5% level of body fat - that means I had 158½ lbs of lean mass and 35½ lbs of fat.
On the 3rd of April the day before the contest I weighed 176 lbs but my body-fat was down to a trim 10.1% meaning I had lean mass of 158½ lbs. I felt good and was delighted to win the contest. I honestly believe the Amino-Or played a big part in helping me reduce my body-fat while maintaining lean muscle. I'd recommend them to anyone in training or for those who want to reduce the flab.
Ollie Smith.



Ollie on stage at the Mr. Health Culture Contest

No Effort - Lost Inches Off My Waist

I have been taking Amino-Or for 3 weeks now and I feel so good in myself. I am eating more than ever and yet without any effort or struggle I have lost inches off my waist. I think the fact that I don't eat three hours before bedtime, plus by taking Amino-Or on top of that and allowing it to work on me in my sleep, it works so well. Really after only 1 week I felt two hollows in my waistline and unlike other diets everybody is telling me how well I look on Amino-Or. Thank you Tony Quinn. I feel so good.
M.M. (Bray)

Lost 1lb per Day

I took Amino-Or for 2 weeks and lost 14lb. I would recommend them to anybody who wishes to lose weight, it's great, without even trying as they do all the work.
F.H. (Rathfarnham)

MAIL ORDER

	Cost	No.	Total
AMINO-OR (1 Month's Supply)	£12.60		
AMINO-OR (2 Month's Supply)	£23.60		
AMINO-OR (3 Month's Supply)	£33.00		
AMINO-OR (4 Month's Supply)	£42.00		
SPECIAL LIVER FORMULA (1 Month's Supply)	£12.00		
HAIR THICKENER & CONDITIONER	£4.90		
ORIGINAL COLOUR RESTORER	£5.39		
HERBAL SHAMPOO - 125CC	£1.89		
HERBAL SHAMPOO - 500CC	£5.99		
		P&P	£1.00
		Total	

Credit Card Holders can place their order by phoning (01) 308588
Mon to Fri up to 10pm, Sat up to 6.30pm.

Please forward to me the item(s) marked.
I enclose Cheque ☐ or P.O. ☐ for £.....
or charge my Credit Card. Visa ☐ or Access ☐.
Credit Card Number
Expiry Date ____/____
NAME (Block Caps) .....
ADDRESS.....
.....
.....Phone .....
Date.....Signature .....

Post to: Tony Quinn Health Centre
67 Eccles St., Dublin 7.
Allow 6 to 8 Days for Delivery Autumn '92

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