

Health & Nutrition

Have you ever been in a real health store?

The purpose of a health store is to dispense health to the public. We take pride in our ability to supply you with the most up-to-date advice, information and products that have allowed us to become leaders in our field. We are constantly researching new dietary programmes and products from all over the world and we would love to share our discoveries with you. Here are some of the areas we specialise in.

PRODUCTS THAT WORK

Most of the products on our shelves are a story unto themselves and be assured that any of them not living up to their promise are quickly dropped. Having worked with thousands of people over the last 20 years in the biggest mass study ever carried out in Ireland on health foods has enabled us to separate the wheat from the chaff and bring it to you.

WEIGHT LOSS:

In this area we possibly have the best results in the

country. Our unique supplements and diet programmes (that do work) have enabled people of all ages to lose weight.

SKIN CARE:

We believe that beauty comes from within and here we recommend a sensible approach to eating healthy. Eat foods such as fresh fruit and salads to help cleanse and purify the body. Avoid junk food that contain chemicals and additives. Special skin boosters would include Brewer's Yeast Powder (not tablets), fresh Cod Liver Oil, Vitamin E

and fresh liver or Liver Tablets — especially effective in cases of acne. Free skin-care booklet available.

SPORTS NUTRITION:

In recent years the sports world has begun to realise the benefits of healthy eating. Here we often recommend an increase in low fat proteins and natural carbohydrates like bread and cereals and supplements such as Liver Formula, Vitamin C Powder and Protein Drinks.

SAFE TANNING:

We have researched the area thoroughly and have come up with a great range of products to help you tan safely. Why not drop in and collect a free copy of the 'Safe Tanning' booklet.

HEALTH AND ENERGY:

Proper nutrition can add vitality to your life. Fatigue, low drive, depression, ulcers, migraine, indeed most of our so-called 'lifestyle' illnesses can be helped dramatically with the right programme of nutrition and food supplements.



Linda Keenan selecting organic fruit at our Eccles Street Store in Dublin.

Avail of our expert advice from our qualified staff on all aspects of nutrition & health

The Power of Concentrated Liver

Tony Quinn's Multi-Vitamin Mineral Supplement

PROBABLY THE BEST VITAMIN & MINERAL SUPPLEMENT WE CAN FIND!

We believe this product is the very best of its type available. It contains a total of 55 HEALTHY INGREDIENTS including 15 vitamins, 10 minerals, 5 herbs, 6 enzymes, 6 lipids, and 5 bioflavonoids.

So if you would like to ensure a daily intake of all these healthy nutrients this is the product we recommend for you. Suitable for children also (over six years) who just



A Multi-Vitamin for all the family

require ½ tablet per day.

Another bonus to this product is that it is specially formulated for maximum absorption, because it includes enzymes and other nutrients which aid digestion. These extra ingredients are not always found in other multi-vitamin products.

Intensive farming, food processing, storage, and cooking can all reduce the natural vitamin and mineral content of food. At the same time modern day stresses and pollution may increase our nutritional requirements. Multi-Vitamin and Minerals aim to meet individual requirements by supplying all the major vitamins and minerals in generous amounts. (It should of course be used as a supplement to a balanced diet rather than a substitute for a healthy diet.) Manufactured with all natural fillers and free from sugar, salt, starch, artificial colours and preservatives. Free from the common allergens yeast, wheat, corn, soy, and milk and suitable for vegetarians.

30 Tablet pack £5.35
90 Tablet pack £12.25

Long recognised by health experts for its overall beneficial effects — by sportspeople looking for extra stamina and endurance — by people generally who want more energy and drive — as an aid to improve the condition of skin and hair. 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.

PLENTY OF ENERGY

Dear Sir,
Thanks to your Liver tablets my eighteen-year-old son's acne has completely cleared up. He has plenty of energy, and a great sense of wellbeing. Before taking these tablets he had no energy and had a bad skin problem. All this has changed for the better thanks to these tablets.
May O.C. Farrack

GET-UP-AND-GO REMEDY

I have been using the Liver Formula now for two years and I find it to be a great tonic. Since taking it my energy is boundless, there have been times during the two years I would stop for a week or so and I would go back to the way I would be before using it, lacking in physical energy, not getting things done etc. As well as the great energy I get from it, there is also a great improvement in my hair and my skin. The texture of them both is much richer. I recommend it as a get-up-and-go remedy, especially to those who tire easily.
Geraldine Hughes

Special Liver Formula £12.00
(one month's supply)

ATHLETIC RESULTS

As an amateur sports person and triathlete I found the Liver tablets a great help. My energy level was increased greatly on the normal daily dosage but on the triathlon I increased the dosage and the results were brilliant. At the end of the cycle I felt I could do it all again straight away. I would recommend Liver tablets to sports people and the ordinary person who feels the need for an energy boost.
B.G. Balbriggan

CURED MY ACNE

Having suffered from acne for several years and tried practically everything from creams to face washes I had given up hope of ever clearing up my skin. After reading a Blueprint from Tony Quinn and hearing of other people's successes in getting rid of their acne by taking Special Liver Formula, I had nothing to lose so I gave it a try and haven't looked back. Just over 2 months into the course I'm almost cured, extremely pleased and very happy.
Aidan Martin

WARNING

Don't buy inferior products. Each of our Liver Formula products is manufactured by using a special procedure where no additives or excipients of any type are used, unlike some conventional liver tablets where sugar and other additives can constitute up to 40% of the product. In our experience these inferior products will just not produce real results.