

Nutritional Update..

The life-force approach to health

TONY QUINN STORES: ECCLES STREET, RATHMINES, & DÚN LAOGHAIRE IN DUBLIN. ARMAGH, BRAY, CORK, DUNDALK

Our approach to health is unique. We start with the basic principle that nutritious foods high in life-force will restore and maintain health. We use food supplements — vitamin and mineral combinations that work in harmony with the body to increase the flow of life-force and vitality. Having researched hundreds of products we only endorse and promote the ones we find that produce superior results.

Our research has made us both the leading pioneers and the experts in all aspects of nutrition from weight loss to health and beauty, from sports nutrition to family health. To bring you the latest products and information available our research department monitors scientific breakthroughs and findings in nutrition from all over the world. All our staff are fully trained in dietetics and have a personal interest in health, fitness and nutrition. Because they use the programmes and the products we promote they can give you first hand advice. We would love to share some of our discoveries with you and extend an invitation to you to drop into any of our health stores. Here are some of the products we specialise in.



The Power of Concentrated Liver

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.

SPECIAL LIVER FORMULA: £12.00.
(one month's supply)



Many sportspeople use Concentrated Liver for extra stamina, endurance and energy

Fat-Free Protein Health Drink.. Energising & Delicious

Our popular 90+ Instant protein drink is a firm favourite with our customers. It tastes delicious, is fat-free and contains more than 90% pure



easily-digested protein. It is very versatile and you can make it up as a nutritious milk shake, as a fat-free dessert or

for that special treat as a delicious ice cream. Protein 90+ is an excellent source of calcium which is particularly important for children, women and older people. For body builders and sportspeople it is a perfect source of concentrated protein.

90+ Instant Protein contains no artificial sweeteners, colours or additives and is easy to prepare — simply mix with milk or water. It is ideal for both weight loss and weight gain programmes. Any of our shop personnel will be delighted to advise you on how to best use it for your personal programme.
300 gram tub: £5.35.
750 gram tub: £14.45.

Have Thicker Hair Instantly

This product is a cosmetic solution for anyone troubled by thinning hair or even areas of hair loss. Hair-Thickener is an organic thickening and conditioning lotion. It is not intended as a treatment for baldness but rather to give the appearance of a much healthier and fuller looking head of hair. The secret of the effectiveness of this lotion is that it actually binds itself around each individual strand of hair, adding gloss and thickness and making the hair look and feel noticeably fuller. A small amount can be applied after shampooing or anytime during the day while the hair is dry. You simply rub it into the area you wish to condition and

then brush or comb it into place and allow a few minutes to dry. It can also be used as an excellent hair conditioner, recommended for fine, lifeless and out of condition hair. It is non-greasy, unscented and totally invisible to the naked eye. The simple application makes it convenient to condition and thicken the hair anytime during the day. Suitable for both men and women.

ONE BOTTLE COSTS: £5.35.



Restore Your Hair Colour

Restore your natural hair colour with a new product that is now available on the Irish market. This product — **Original Colour Restorer** — is designed to restore the natural colour to grey hair. Melanin is the natural pigment or colouring factor. Grey hair occurs when the amount of pigment in the hair reduces. This is generally a very gradual process. Hair Colour Restorer works with the natural colour process and restores the original colour and should not be confused with an instant tint, dye or colouring agent. It is suitable for both men and women. Whatever the original colour of the hair, be it blonde, brunette or red, and no matter how long the hair has been grey, the natural colour can be restored. Another advantage

this colour restorer has is that it will not wash out and while grey vanishes within 2 to 4 weeks, quicker results can be achieved by applying more often. When you have achieved your desired colour a simple application periodically will keep your hair a natural looking colour.

ONE BOTTLE COSTS: £5.60.



New Formula Multi-Vitamin for Children



These delicious tablets containing all natural sweeteners and colours are made in a variety of animal shapes. Prior to marketing this product we had many children sample these tablets. All loved the taste and were even more fascinated by the animal shapes. Many parents told us how these children would enjoy choosing a particular animal each morning such as a lion, elephant, cat or hippo. Each animal contains a total of 36 health nutrients, sweetened with honey, molasses and maple syrup, ideal for children



Ensure your children's health and vitality with an adequate intake of vitamins and minerals.

up to 10 years. Recent large scale research projects in Britain and America have proven that adequate an intake of vitamins and minerals is vital for proper mental development in children. They showed a direct link between vitamin deficiency and low IQ.
100 TABLETS COST: £7.50.

Develop a Healthy Colour All Year Round While Safeguarding Your Health

If you have ever wished for a golden tan all year round — then these capsules may be the answer. **Beta-Gold** is a natural supplement extracted from plants. When used for over two weeks it can cause the skin to turn a light golden colour. These capsules may also be used with sunbathing or sunbeds.

OTHER HEALTH BENEFITS

Beta-Gold also contains provitamin A, a useful nutrient which your body converts to Vitamin A — but only in the amount it requires, so you can't take too much. Large scale studies seem to prove that this

provitamin may actually help protect the body against disease.

£10.50 FOR 90 CAPSULES.



TOTALLY NATURAL

Beta-Gold is a totally natural product, extracted from plants, not to be confused with a synthetic tanning capsule that was available in recent years.

Eliminate Body & Foot Odour For Up to 15 Days with Only One Application. Do you suffer from body or foot odour?

If so we think we've found the answer. Unlike normal deodorants that only mask or camouflage odours for a few hours this new medically tested cream can eliminate body or foot problems for up to 15 days — with just one application. And there are many more unique advantages to this remarkable product. For example it does



Lavilin for the Body: £7.30 — Lavilin for the Foot: £9.95

not inhibit the normal function of the sweat glands. No need to re-apply after showering or bathing. Heavy work including exercising doesn't seem to prevent it from working. Tests prove one application can last 15 days, (though we have found in many cases much longer). One jar can last 6 to 12 months. This new long-life deodorant would certainly seem to make all others obsolete. Called **Lavilin** it is made from herbal extracts and is simple and quick to apply. Available in two strengths, one for body and a more potent form for feet.

The products featured here are only a small selection of the total range of health and beauty products available in our shops, many of which are unique to the Tony Quinn Health Stores.

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THE FLAB

Dear Sir/Mad Just wanted to that I have ta for 2 months. increase in en explain. I am person in gen a lot of walkin ago I had an broke a leg wh plaster for sev had to just sit put on quite a and I had a te on my tummy. Amino-Ox and I would give the much better no my flab has got take them for a until I am fit walking again. Thanks again. L. O'Sullivan, Ca

I LOST 1

I was 12½ stone lost 1½ stone b Or capsul at water for about Thanks, J.M. C

LOST WE SHAPED

I've used Amin weight which I losing weight I up and I am ve the result so m would recomm give them a go losing weight a had an extra b was a great inc which was som needed as my w caused me to be Collett, Co. Cor

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The v Vitam Suppl find

Tony Quinn's

We believe this very best of its containing 15 vi minerals, 6 enz lipids, bioflavon a host of other n Intensive farmi processing, stora cooking can all r natural vitamin content of food. time modern-day pollution may in