

WEIGHT LOSS

Many people claim to achieve incredible weight loss results using Amino-Or

We continue to receive letters from the public regarding Amino-Or as an energy booster and body toning aid. Amino-Or is a food supplement taken in capsule form. Available in Ireland for over 12 years, it is highly recommended by dieticians and other experts as a useful part of every weight loss programme. We make no claims for this product.

THE FLAB HAS GONE

Dear Sir Madam,
Just wanted to let you know that I have taken Amino-Or for 2 months. I found an increase in energy. I will explain. I am a very active person in general. I used to do a lot of walking and some time ago I had an accident and I broke a leg which was left in plaster for several weeks. I had to just sit there and I did put on quite a bit of weight and I had a terrible lot of flab on my tummy. I saw the Amino-Or and I thought I would give them a try. I feel much better now and a lot of my flab has gone so I hope to take them for another while until I am fit enough to go walking again.
Thanks again
L. O'Sullivan, Cashel, Co. Tipperary.

Lost 21 lbs in Six Weeks with Amino-Or



by Adrian Doyle, Naas.

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.

I LOST 1½ STONE

I was 12½ stone, now I'm 11. I lost 1½ stone by taking Amino-Or capsules at night with water for about 4 months.
Thanks, J.M. Cork.

LOST WEIGHT & SHAPED UP

I've used Amino-Or to lose weight which I did but in losing weight I really shaped up and I am very pleased with the result so much so that I would recommend anyone to give them a go. As well as losing weight and toning up, I had an extra bonus and that was a great increase in energy which was something I really needed as my weight usually caused me to be fairly tired.
Collette, Co. Cork.

UNBELIEVABLE DIFFERENCE

Congratulations on the success of your product Amino-Or tablets. I have finished my first month's supply and I can't believe the difference! I am on cloud nine! I lost hope of ever losing weight, until I heard of your product. Thanks to you I have started to regain confidence and wear fashionable clothes. I don't need to diet. I even eat sweet things. Please send me another month's supply A.S.A.P. I have lost so much weight. L.S., Wexford.

LOST 2½ STONE

Could you please forward me 3 months supply of Amino-Or. I find them excellent. Last year I lost 2½ stone while taking them. Katherine L. (Co. Kerry)

SIZE 14 TO 12

I have been on the Amino-Or for one month and I firmed up so much that even my aerobics teacher has noticed. I have gone from size 14 to size 12 and am delighted with the new me. M.S. (Ballyfermot)



ALL WEIGHT LOSS LETTERS ARE GENUINE. THE ORIGINALS ARE HELD IN OUR FILES AND CAN BE INSPECTED WHERE NECESSARY

The very best Vitamin and Mineral Supplement we can find

Quinn's Multi-Vitamin and Mineral Supplement

We believe this product is the very best of its type available containing 15 vitamins, 10 minerals, 6 enzymes plus lipids, bioflavonoids, herbs and a host of other nutrients. 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 an adequate diet.)

Another bonus with 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.
30 Tablet Pack £5.35
90 Tablet Pack £12.35

Our New Express Mail Order System Guarantee with expanded product range

Order before 2.30p.m. & we will guarantee postal dispatch by 5p.m. same day

No matter what part of the country you are living in you can now purchase any of the products featured here through our Express Mail Order Service. If you have an Access or Visa Credit Card then simply telephone our dispatch centre at 01.308588, to place your order. Otherwise you may use the form below clearly marking the product you wish to order and the quantity you require. Then post your completed form to us enclosing cheque or postal order. Please note that we give substantial discount for two or more of the same product purchased on some ranges. Many other products available by post on request.

CREDIT CARD HOLDERS CAN PLACE THEIR ORDERS BY PHONING 01.308588 MONDAY TO FRIDAY UP TO 8P.M., SATURDAY UNTIL 6P.M.

MAIL ORDER

Autumn '93	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		
SPECIAL LIVER FORMULA (1 Month's Supply)	£12.00		
MULTI-VITAMIN & MINERAL (3 Month's Supply)	£12.25		
CHILDREN'S MULTI-VITAMIN & MINERAL (3 Month's Supply)	£7.50		
BETA-GOLD (Tanning) (1 container of 90 capsules)	£10.50		
BETA-GOLD (Tanning) (2 containers of 90 capsules)	£19.00		
LAVILIN FOOT DEODORANT	£9.95		
LAVILIN BODY DEODORANT	£7.30		
ORIGINAL HAIR COLOUR RESTORER	£5.60		
HAIR THICKENER AND CONDITIONER	£5.35		
90* INSTANT PROTEIN POWDER (750g) Strawberry	£14.45		
90* INSTANT PROTEIN POWDER (750g) Vanilla	£14.45		
90* INSTANT PROTEIN POWDER (750g) Banana	£14.45		
90* INSTANT PROTEIN POWDER (800g) Chocolate	£14.45		
Vitamin C Powder (100 g Acid Form)	£4.89		
Vitamin C Powder (100 g Alkaline Form)	£4.89		
Vitamin E (400 i.u. 60 capsules)	£5.39		
Vitamin E (1000 i.u. 30 capsules)	£5.79		
Pan-Tac (Pantothenic Acid 500mg) 175 capsules	£5.49		
Pan-Tac (Pantothenic Acid 500mg) 300 capsules	£16.50		
Cal-Mag (90 Tablet Calcium 500mg + Magnesium 250mg)	£8.70		
Lavender Aromatherapy Essential Oil (Grade A 9ml)	£4.75		
Ylang-Ylang Aromatherapy Essential Oil (Grade A 9ml)	£5.85		
Tea-Tree Aromatherapy Essential Oil (Grade A 9ml)	£4.35		
Geranium Aromatherapy Essential Oil (Grade A 9ml)	£4.35		

Please forward to me the item(s) marked. P & P £1.00
I enclose Cheque or P/O for £..... Total
or charge my Credit Card
Credit Card Number
Expiry Date
NAME (Block Caps)
ADDRESS
Phone
Date Signature
Post to: TONY QUINN HEALTH CENTRE, 67 Eccles St., Dublin 7.

Health Stores Nationwide

DUBLIN CITY. 67 ECCLES ST (Off Dorset St). Tel: (01) 308588. Mon-Fri: 9am-9.15pm. Sat: 9am-6.30pm
DUN LAOGHAIRE. 96 LR. GEORGES ST. Tel: (01) 280-9891
Mon-Sat: 10am-6pm. Late Nights: Mon & Wed till 8pm
BATHMINES. 2 WYNNFIELD RD. (Opposite ESB Office). Tel: (01) 974234. Mon-Fri: 10.30am-8pm. Sat: 10.30am-6pm
ARMAGH. 41 ENGLISH ST. Tel: (0861) 525742
Mon-Sat: 9am-5.30pm. Closed all day Wednesday
BRAY. 9 QUINBORO ROAD. Tel: (01) 286-9311
Mon-Sat: 10am-6pm. Late Nights: Mon & Thurs till 9pm
CORK. 20 ACADEMY ST. Tel: (021) 276364. Mon-Sat: 10am-6pm. Late Nights: Tues & Fri till 9pm
DUNDALK. 18 JOCELYN ST. Tel: (042) 38097
Mon-Sat: 10am-6pm. Late Nights: Mon & Thurs till 7.30pm.

AGENTS IN DUBLIN
DUBLIN 1 - The Hair & Beauty Salon with Life Mall, Tel: 01 874 5106
DUBLIN 1 - Solider Office 5 O'Connell St, Tel: 01 33362
DUBLIN - Tony Quinn Clinic, 314 Heath Road, Tel: 01 23902
DUBLIN 14 - Dan Conroy, 287 Wexford Rd, Tel: 01 295 6264
AGENTS NATIONWIDE
BESSETT - Wellington Park Hotel, Malton Road, Tim Tym Monday and Wednesday Tel: 081-252742
CANNOW - Josephine Donnelly, 26 Moyra View, Pulkerran, D0523
KIPPON - M & B O Connors, Wexford Road, Tel: 028-9161
GALWAY - Mary Dolan, 091 733114
KILKENNY - The Kilkenny Health Shop, 102 Harold St, 056-33874
MAYNO - Mary Conroy, 084 22204
NAAS - Adrian Doyle, 14 South Main St, 0457-6330
WATERFORD - Caroline's Beauty Clinic, 80 The Quay, 051-76279