

# Healthy Tan

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 and sunbeds.



BETA-GOLD helps the perfect golden healthy tan

**OTHER HEALTH BENEFITS**  
Beta-Gold also contains pro-vitamin 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.

**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.

**HEALTHY SKIN**  
Recent research into ageing and certain diseases has focused on the role of free radicals. Free radicals are like scavengers that go around snatching electrons from healthy cells causing cellular damage which leads to wrinkling, loss of elasticity ie: premature ageing. The good news, however, is that we



### SPECIAL OFFER

£3 discount on 2 bottles with this coupon valid until the end of May '94

can help the body dispose of its free radicals. Certain foods, vitamins and minerals seem to combat or mop up these scavengers. Among these are Vitamin C, Vitamin E, Selenium and the form of Pro-vitamin A as found in Beta-Gold. This is why it guards your health while allowing you to tan. **FREE SUNTANNING BOOKLET** available with this product. **1 month's supply £10.50**



BETA-GOLD... for healthy holidays

## Tony Quinn Health Stores Nationwide

All products on this page are available at Tony Quinn Health Stores Nationwide, where you can also obtain professional advice on all aspects of health and nutrition

- **DUBLIN CITY.** 67 ECCLES ST (Off Dorset St). Tel: (01) 830-8588. Mon-Fri: 9am-9.15pm. Sat: 9am-6.30pm
- **DÚN LAOGHAIRE.** 96 LR. GEORGES ST. Tel: (01) 280-9891. Mon-Sat: 10am-6pm. Late Nights: Mon & Wed 'till 8pm
- **RATHMINES.** 2 WYNNFIELD RD. (Opposite ESB Office). Tel: (01) 497-4234. Mon-Fri: 10am-8pm. Sat: 10am-6pm
- **ARMAGH.** 41, UPR. ENGLISH ST. Tel: (086) 525742. Mon-Sat: 9am-5.30pm. Closed all day Wednesday
- **BRAY.** 9 QUINSBORO 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: 9am-6pm. Late Nights: Mon & Thurs till 7.30pm.



**AGENTS NATIONWIDE**

**CARLOW** - Josephine Donnelly  
26 Mountain View, Pollerton  
0503-41878  
**GALWAY** - Mary Dolan  
091-753114  
**KILKENNY** - The Kilkenny Health Shop  
102 Patrick St  
056-63974

**MAYO** - Nora Conway  
094-22204  
**NAAS** - Adrian Doyle  
16 South Main St  
045-74350 - Ki-Massage Clinic  
**NAAS** - Tony Quinn Centre  
Basin St  
over Sheila's Salon  
Tues and Fri 7.00pm - 9.30pm

**WATERFORD** - Caroline's Body & Beauty Clinic.  
80 The Quays  
051-76279

**WATERFORD** - Tony Quinn Centre.  
25 Catherine St  
Tues & Fri Midday - 9.00pm

### Is This The Anti-Stress or Happy Vitamin?



Detailed research indicated that a particular nutrient which is part of the B-Complex range may have a surprising effect on our moods and stress levels.

This so-called happy vitamin is prescribed by many nutritionists to patients who are under stress or in particular those who require more rest, drive and energy.

During any type of stress, illness, injury, effects of drugs, burns, surgery or emotional upsets the requirement for the vitamin increases proportionally. This vitamin called Pantothenic Acid is available in Ireland as Pan-Tac.

**Pan-Tac** 2 - 3 week's supply £5.49 (1 container)  
4 - 6 week's supply £10.00 (2 containers)



### 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.



**SPECIAL OFFER**

**COST: £5.35**

## Safeguard your Children's Health

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 up to 10 years. Recent large-scale research projects in Britain and America have proven that an adequate 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: £8.00 (3 month's supply)**

### Do You Suffer From Foot Or Body Odour?

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. This product does 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, (although we have found in many cases much longer).

**LASTS OVER 4 MONTHS**  
One jar can last 4 to 8 months. Called Lavilin it is made from herbal extracts and is simple and quick to apply. Available in two strengths, one for the body and a more potent one for the feet. **BODY £ 7.30 - FOOT £ 9.95**



**SPECIAL OFFER**

£4 off any 2 jars with this coupon valid until the end of May '94