

WEIGHT LOSS

What our customers are saying about weight loss

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 a weight loss programme. We make no claims for this product.

I Lost 3 Stone 11 lbs



Before

My wife saw the ad in the paper. I myself am a bit of a doubtful Thomas. I had tried everything under the sun, even the quickie diets. Then I tried the Amino-Or and after one week I had plenty of energy and my weight started to drop. As I had been trying to

lose weight all my life and now at last it was happening I began to feel great. I have given up my



After

40 cigarette habit. I started to take the Protein 90 drink as well as the Amino-Or. My longing for cigarettes went with the two together. I was flying! I had no problem keeping off them.

That's another reason why I take the Amino-Or. I would recommend them to anyone. I will stop taking them on the 20th of January, one year from when I first took them - but Protein 90 has become part of my life even if I skip a meal.....

There's no end to what I can do now! I might point out that taking the Amino-Or does not interfere with my social life. I still drink 6 pints at the weekend. I take Amino-Or from Monday to Friday. My mother and father have now started to take Protein 90 as well and they really love it too!

Paddy Mc Donagh

I FEEL GREAT

I've been using Amino-Or as well as your Protein 90 drinks for the last 3 weeks. Already I see marvellous results, not so much on the scales, but certainly in terms of losing inches of fat. I've tried numerous diets in the past year and all to no avail - I'd lose the weight and end up bingeing to the extent of putting on double the amount. I can wear clothes I haven't worn in ages, and feel great about myself. Even though I've still got a long way to go I feel so much more confident already. Finding out about the Protein Drinks was the best thing that ever happened to me. I can have them whenever I choose and it seems the more I take, the more fat I lose. This means I'm never hungry and therefore I never binge.

What can I say? I feel great.
Olive . Glasnevin

LOST 2½ STONE

I would like to thank the staff at both your Dublin and Cork stores for their help and advice on how to lose weight. I was 15 and a half stone and with proper eating and light training as well as Amino-Or I managed to lose 2½ stone in just over a month and a half. I continued to eat a normal diet but finished my last meal before 6.30pm. *N. McGrath . Cork*

SUCCESS

I have had great success so far with your Amino-Or tablets and wish to purchase another box.
O.M. Co. Kerry

LOST 1 STONE

I was 10½ stone just over a month and a half ago, and since taking Amino-Or I have lost just over a stone. I was absolutely amazed. I didn't change my diet at all but merely did some extra exercises and found the results stunning. I am now 9½ stone and have gone down from a size 14 to a comfortable size 12. Thank you very much.
F.M. Cork.

NO STRICT DIET

I am delighted with Amino-Or. I have lost nearly a stone and also 2 and a half inches off either thigh, 4 inches off the waist and also 2 inches off the chest. As I am still over-weight I am looking forward to continuing this programme. The best part is I didn't have to follow a strict diet.
C.S. Middleton

I LOST INCHES

I used Amino-Or for a month and I lost a stone and a half. I ate the same but just cut down on butter and sweets. I lost inches off my thighs and waist. I would recommend these tablets to anyone.
F. Byrne, Howth

I lost 1 stone and 3 lbs in one month



I felt really overweight with no energy. I worked 6 days a week and one night at the end of a week I felt really tired, I decided to go on a course of Amino-Or. I stopped eating each evening at 6.30pm, took a low fat diet and plenty of salads. After the first

month I lost 1 st 3 lbs. Not just losing weight, I felt brilliant energy and even found I had brilliant muscle tone. I still take Amino-Or. I still feel great and I have never looked back. I highly recommend Amino-Or to anyone who wants to lose weight.
Marie O'Brien, Cork

LOST 1 STONE

I am writing in hope that you can help me. Last year I heard about your product Amino-Or and I tried them out and found them marvellous and lost a stone in a few weeks. Now that winter and Christmas are over I hope to lose some weight and would appreciate if you could send me some more information on Amino-Or. Thank you,
S Bracken, Co. Wicklow

Amino-Or

1 Month's Supply £12.60

SPECIAL OFFER

2 Month's Supply £23.00
3 Month's Supply £33.00

Valid with this coupon in our stores until 31st May '94.



The Very Best Vitamin and Mineral Supplement we can find

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.

Multi Vitamins and Minerals aims 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 £5.95
90 Tablet Pack £12.95

EXPRESS

Mail Order

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

(Apr '94) Prices valid until end July '94

	Cost	No.	Total
AMINO-OR (1 Month's Supply)	£12.60		
AMINO-OR (2 Month's Supply)	£23.00		
AMINO-OR (3 Month's Supply)	£33.00		
BETA-GOLD (Tanning) (1 container of 90 capsules)	£10.50		
MULTI-VITAMIN & MINERAL (3 month's supply)	£12.25		
CHILDREN'S MULTI-VITAMIN & MINERAL (3 month's supply)	£8.00		
LAVILIN BODY DEODORANT	£7.30		
LAVILIN FOOT DEODORANT	£9.95		
ORIGINAL HAIR COLOUR RESTORER	£5.60		
HAIR THICKENER AND CONDITIONER	£5.35		
PAN-TAC (Anti-Stress) 75 capsules	£5.49		
		P & P	£1.00
		Total	

Please forward to me the item(s) marked.
I enclose Cheque or P/O for £.....
or charge my Credit Card ()
Credit Card Number _____
Credit Card holders can place their order by phoning
01-830-8588, Mon-Fri up to 10pm. Sat up to 6.30pm.
Expiry Date ____/____/____
NAME (Block Caps) _____
ADDRESS _____

Phone _____
Date _____ Signature _____
Post to: TONY QUINN HEALTH CENTRE 67 Eccles St., Dublin 7
Allow 2 to 5 days for delivery

Special Note: Under no circumstances are we suggesting that these products should take the place of medical advice or, where necessary, medical treatment. However, we do believe that they are a useful addition to any form of therapy.