

# Is This The Happy Vitamin?

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

## MEDICAL RESEARCH

At the State University of Iowa College of Medicine, volunteers were given a diet adequate in all nutrients except this vitamin. They became easily upset, discontented, irritable, depressed and quarrelsome. These young men developed fatigue, headaches, dizziness, weakness, rapid heartbeat, muscle cramps and continuous colds. All of the symptoms become worse as the diet continued. The men, though sleepy, even suffered insomnia. When the vitamin was reintroduced to the diet recovery was slow. The nutrient in question was Pantothenic Acid.

## NEVER TOXIC

The amount of the vitamin needed daily varies constantly with the severity and number of stresses one is under. This vitamin, however, is never toxic. Dr. E.P. Ralli of New York University College of Medicine studied young men under the stress of swimming in icy water when given none and again after they had received the vitamin daily. Her tests showed that the vitamin gave protection in dozens of ways, such as preventing body proteins from

being destroyed, preventing blood sugar and blood pressure from dropping and calcium from being stolen from the bones. During any type of stress, illness, injury, effects of drugs, burns, surgery or emotional upsets the requirement for the vitamin increases proportionately.

## ZEST, DRIVE AND ENERGY

Many nutritionists prescribe Pantothenic Acid to patients who are under stress or, in particular, patients who require



more zest, drive and energy. A course of between 2 and 6 half gram capsules daily (depending on bodyweight and the health of the patient), should last a minimum of 6 weeks as it can take up to 3 weeks to achieve good results. After 6 to 8 weeks if desired, treatment may cease as the body has the ability to store the vitamin to be used again as it requires it. This vitamin is available in Ireland as 'Pan-Tac'.

75 x 500mg capsules £5.75  
300 x 500mg capsules £19.50

# Eliminate Foot and body odour

People can go to great lengths to hide the signs of foot or body odour - repeated showering or changing of shoes and socks, for example. We believe that "Lavinil" is the ideal solution for those who suffer from foot and body odour - and we have the grateful testimony of husbands, wives, sons and daughters to prove it. If this product works in even the most difficult situations it will certainly work for you. Even if you have no odour problem Lavinil can work as an effective long-life deodorant - on the sports field, in the office, everywhere - you can rely on Lavinil.

Unlike other products 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. It 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 that 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. Lavinil 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.

**Lavinil Body £ 7.30**  
**Lavinil Foot £ 9.95**



# Building a Stronger Firmer Body

**W**ouldn't you rather be firm than flabby?

Anyone from six years old to 60 can look better and feel better, with a stronger, firmer body. The secret is protein.

Protein is essential for the rebuilding and repair of body tissue. Because your muscles contain more protein than other parts of your body, a good intake of quality protein is essential for a firm body and good muscle tone.

Protein is chiefly found in lean cuts of meat, fish, eggs and low-fat dairy products. Lesser quality protein, which is still valuable, can be found in cereals and pulses, nuts and seeds.

For the average person, a good intake of protein will ensure adequate energy levels and healthy muscle and skin tones. When taken with complex carbohydrates, it will also reduce the craving for junk food. This is why a good intake of protein is vital for those trying to lose weight - it will ensure that the pounds shed are fat and not lean

tissue. And for those who want to gain weight, increased protein taken with increased complex carbohydrates such as wholegrain cereal, will ensure that the added weight is healthy muscle and not just extra fat.

So you too can have a firmer, stronger body by combining exercise with a balanced diet, high in protein - and here's where we can help. Protein 90 is a high-protein, high-mineral, low-fat drink that makes a healthy addition to any nutritional plan. One tasty, nutritious glass is equal to approximately 1/2 pound of steak, but unlike meat it contains only 1% fat.

It's very versatile too. It can be taken as a refreshing milkshake or made thicker as a dessert. It can be taken anytime before a meal, after a meal or on its own as a meal in itself. This product makes a healthy addition to just about everybody's daily diet.

**300g tub £6.90**  
**750g jumbo size £14.99**



## SPEEDY MAIL ORDER SERVICE

Telephone in your order before 2.30p.m. and we will guarantee postal dispatch by 5p.m. same day provided you have a major credit card. To order by post simply fill out this form and post it to: Mail Order, Tony Quinn Health Stores, 67 Eccles Street, Dublin 7. Allow 2 to 5 days for delivery.

(Sept '94) Prices valid until end October '94

	Cost	No.	Total
AMINO-OR (1 month's supply)	£13.20		
AMINO-OR (2 month's supply)	£24.50		
AMINO-OR (3 month's supply)	£34.00		
BETA-GOLD (Tanning) (1 container of 90 capsules)	£10.50		
SPECIAL LIVER FORMULA (1 month's supply)	£12.40		
MULTI-VITAMIN & MINERAL (3 month's supply)	£12.50		
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	£5.75		
PAN-TAC (Anti-Stress) 75 capsules	£5.75		
PAN-TAC (Anti-Stress) 300 capsules	£19.50		
	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

Expiry Date \_\_\_\_/\_\_\_\_/\_\_\_\_

NAME (Block Caps) .....

ADDRESS .....

..... Phone .....

Date..... Signature .....

Credit Card holders can place their order by phoning (01) 830 8588, Mon-Fri to 10pm. Sat to 6.30pm.

## New Healthy Lemonade & Cola Drinks

Fed up with tooth-rotting fizzy drinks? Try our healthy alternative, Natural Lemonade and Cola drink. They are:

- Free from artificial colours and additives.
- Free from sugar and saccharin.
- Made with only natural colours.
- Sweetened with pear and grape juice concentrate.

- and they taste good, as well!



55p per 250ml bottle.

## Tony Quinn Health Stores Countrywide

All products on this page are available only from Tony Quinn Health Stores and appointed agents, 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 Sun:12 noon-4pm
- 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:(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: Wed & Fri till 9pm
- DUNDALK. 18 JOCELYN ST. Tel:(042)38097. Mon-Fri:9am-6pm. Sat:9.30am-6pm. Late Nights:Mon & Thurs till 7.30pm.

- AGENTS COUNTRYWIDE
- BALLINASLOE - Jorena Ltd. Society St. (0905) 43431
  - CARLOW - Josephine Donnelly The Rising Sun, 26 Mountain View, Pollerton Bg. (050) 41874
  - GALWAY - Mary Dolan (091) 753114
  - GREYSTONES - Brenda Connolly Rathdown Pk (01) 287 6054
  - KILKENNY - The Kilkenny Health Shop 102 Patrick St. (056) 63874
  - KILKENNY - Transformations Kilkenny Shopping Arcade High St. (056) 52688
  - LIMERICK - Cora Conway Doordoyle Rd (061) 227092
  - LONGFORD Co. - Maureen Bracken (043) 23196
  - MAYO - Nora Conway (094) 22204
  - NAAS - Adrian Doyle 16 South Main St (045) 74350 Kt Massage Clinic
  - NAAS - Tony Quinn Centre Basin St (over Sheila's Salon) Tues & Fri 7pm to 9.30pm
  - TIPPERARY Co. - Transformations 11 Mitchel St. (Clonmel) (052) 260101
  - WATERFORD - Caroline's Body & Beauty Clinic 80 The Quays (051) 76279
  - WATERFORD - Tony Quinn Centre 25 Catherine St. Tues & Fri 12 noon to 5pm
  - WEXFORD Co. - Sandra Goodison 92 The Grove, Clonard (051) 47011