



Losing Weight

What the Public are Saying about Amino-Or



FANTASTIC

Will you please forward me Amino-Or, a month's supply. Also a 2 week trial supply of Protein 90 (Chocolate Flavour). If I like the Protein 90 I will order a month's supply. I had been on Amino-Or last year and they were fantastic. I love reading your Blueprint. Yours faithfully, Kathleen. Co. Kildare.

LOST NEARLY 1 STONE WITH FIRST PACK.

I am delighted with my first pack of Amino-Or. I have lost nearly a stone in weight. I would like to lose another stone and a half, so please forward me 1 month's supply. Thanking you, Marie. Ballinasloe, Co. Galway.

LOST 3 STONE

I used to be 18 1/2 stone before I started using Amino-Or capsules. No major need to cut down on food just take two before bed, but you must be fasting two hours before. I am now 15 1/2 stone. I am 6' 3" and feel terrific. H. Connor. Co. Louth

DROPPED 3 STONE

I went on a low fat diet in 1993. I also took Amino-Or at night and found it fantastic. I lost 3 stone over 7 to 9 months. Because of my success three of my friends have now started to take them. I would recommend them to all who wish to lose weight. M. Kennedy. Co. Dublin.

I FIND THEM FANTASTIC

I started Amino-Or two months ago. I have lost 1 1/2 stone. I have lots of energy in the mornings. I find them fantastic. Irene. Co. Cork.

GREAT SUCCESS

Dear Sir/Madam, I have had great success so far with your Amino-Or tablets and wish to purchase another box. Yours sincerely, Bridie. Tralee. Co. Kerry

Nobody likes being overweight - it's unhealthy and makes us feel bad about ourselves. But shedding those extra pounds is no easy task, and we need all the help we can get. Maybe that's why Amino-Or has proved such a big hit with the public - we are still getting letters telling us about its benefits as an energy booster and body toning aid. We make no claims for this product.

What is Amino-Or?

Amino-Or is a food supplement taken in capsule form. It is an amino acid, a constituent of protein found in ordinary foods. In their best-selling book "Life Extension", Durk Pearson and Sandy Shaw revealed the amazing beneficial effects that specific amino acids can have on the body. Some can be used to improve concentration, lift depression, kill pain or aid sleep, while others help the body to retain protein and burn fat. The fat-burning amino acids are the ones that became instantly popular in the United States and Europe for weight loss. In Ireland, this is available in the form of Amino-Or. It's been on sale for over 12 years and is highly recommended by dietitians. It is particularly popular with those who find it difficult to stick to a weight-loss programme.

I lost 1 stone 3 lbs. in 1 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

I lost 21 lbs in 6 weeks

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 14 1/2 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.



AMINO-OR

1 Month's Supply £13.20 • 2 Month's Supply £24.50
• 3 Month's Supply £34.00

VERY HELPFUL

Dear Sir, Please would you forward me 1 month's supply of Amino-Or Tablets. I have used them before and found them very helpful. Yours sincerely, K. Flanagan. Co. Meath

3 STONE IN 3 MONTHS

I was overweight. I started taking Amino-Or for three months and I lost 3st. and felt much more energy. T. Murray.

REALLY FANTASTIC

I find taking Amino-Or is really fantastic. I have taken one month's supply and I have lost one stone. The energy while taking them is very good and the reason is that I am fasting from tea-time for the 2 1/2 hrs. before taking them. They really have given me a boost to lose weight as part of a calorie controlled diet. S.D. Cork

MARVELLOUS

Please forward to me another month's supply of Amino-Or capsules. I've already seen the results - 7lbs. so far. Marvellous! Enclosed please find crossed Postal Order for £13.60 including P&P. Hopefully I'll receive these before my present few are gone. P. Campbell, Dublin.

WORKED WONDERS

I am writing to you from Hanover, Germany where I have been living for the past 4 months. My German is not so good and I cannot find the equivalent of your Amino-Or tablets anywhere. I tried them about 2 years ago and they worked wonders for me. At the moment the German food seems to have gotten the better of me and I would really like to be toned up again. I am sending you the price of one month's supply and P&P. Could you please inform me if £15 does not cover the cost. Yours faithfully, C. McL.Germany.

7 Steps to a Healthier You

Here are some simple guidelines to help you get started on your healthy eating programme. These steps should set you on the path to a healthier, happier you. If you would like more information, please feel free to drop in to any of our shops to discuss your particular needs with us.

1 Fresh Fruit and Vegetables Increase your intake of fresh fruit and vegetables. A large raw salad comprising lettuce, carrots, celery, cucumber, sprouts, beetroot, etc., seasoned with herbs with a little cold-pressed oil as a dressing once a day would make a good start. The World Health Organisation recommends we should eat 1lb. of fresh fruit and vegetables a day for good health. In practical terms, at least five portions of fruit or veg a day, excluding potatoes, should do.

2 Eat Healthier Substitutes Decrease your intake of high fat, highly sugared, salted and refined white flour products. Experiment with nutritious and appetising substitutes like dried fruit and nuts. We stock a wide range of healthy substitutes such as sugar-free sweets, protein, milk-shakes, oatcakes, ricecakes, etc. These are nourishing and delicious but contain no sugar or fat. You will feel the difference in terms of increased energy and a cleaner system.

3 Quality Protein Protein makes the body firm and strong. Make sure you get an adequate intake of good quality, low-fat protein such as lean beef, lamb, free-range chicken and turkey, fish, cottage cheese, egg whites. The target should be 70-100g. per day for the average person, even those on a weight loss programme. Extra may be needed for sportspeople.

4 Energy Foods Increase your intake of whole grain cereals such as porridge, rice and pasta (also bulgar, millet, cous-cous, etc. These give you the complex carbohydrates for sustained energy and are much better than quick energy fixes like sweets, chocolate and coffee. Also useful in this category are potatoes, bananas and beans (all types, including kidney, mung, chickpeas, etc.)

5 Calcium Eat calcium-rich foods for strong bones and teeth, but also for a calm balanced system. Low-fat cow's milk, goat's milk or calcium-enriched soya milk are ideal. If you have a problem with digesting milk, it is often because of the foods you combine it with. Acid foods such as oranges don't mix well with milk.

6 Healthier Drinks For liquid refreshment, use pure distilled water (available at all our stores), home-made soups, sugar-free cola and lemonade, milk, freshly-squeezed fruit juices, vegetable juice, herbal teas and sugar-free fruit concentrates.

7 Useful Supplements Periodically take a course of good quality multi-vitamins. They can help kick-start the body, making up for vital nutrients you could be missing as a result of inadequate diet or increased work or stress.

"What's this 'inflation' they talk about?"



A comical postcard from prolific card artist Donald McGill circa 1930.