

Most people who have used it say: THIS IS THE MOST EFFECTIVE SPORTS SUPPLEMENT EVER!

£34.95
900g tub
Valid until 1st Dec '97

In a recent study conducted at an American university over 4 weeks, this nutritional formula increased lean muscle tissue, reduced fat and enhanced strength and speed.

Test subjects were able to run faster, jump higher and lift heavier weights as well as lose fat and increase muscle tone (see graphs opposite). This is one example of a number of studies currently researching this formula. Results may vary with individuals but nonetheless this is an indication of the type of results which can be obtained. Surveys in the top health and fitness magazines consistently rate this as the No. 1 product for customer satisfaction.

IMPROVE SPORTS PERFORMANCE

The accompanying research clearly shows an increase in dynamic strength, speed and energy production. This could have a huge impact on the performance of all high intensity sports such as athletics, bodybuilding, football, swimming, rugby, basketball etc. Anecdotal reports from satisfied customers indicate that this supplement is the most result-producing on the market to date.

"ULTIMATE BODY FUEL"
This unique high tech nutritional formulation is now available in Ireland under the name of Tony Quinn's Ultimate Body Fuel only from our Health Stores.

ULTIMATE BODY FUEL POWERS GARDAI TO VICTORY



The Garda intermediate rowing crew in action winning at the Henley regatta.

The Garda intermediate rowing crew have enjoyed great success at home and internationally this season. An important part of their pre-competition preparations was to include the food supplements Amino-Energise and Ultimate Body Fuel as part of their nutritional programme. To quote a

member of the team 'we found these products to be a very important component of our success this season, winning both Gold and Silver medals in the London regatta in June '97. Having won at the Henley regatta the crew went on to win the national intermediate championships held in Cork in July.

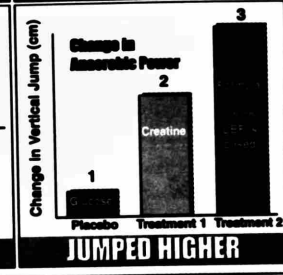
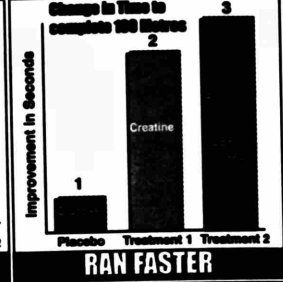
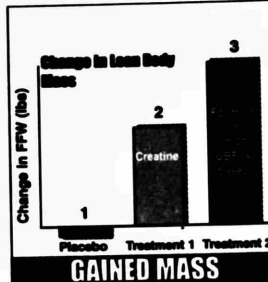
Amazing scientific study reveals how new hi-tech product may work 160% better than Creatine

University Study Results

Bodyfat and lean muscle mass of subjects were measured before and after the study, as well as:

1. Maximum strength in bench press (weight lift).
2. Top speed in a 100 metre sprint.
3. Best vertical jump.

This was a "blind study" where subjects were unaware of which formula they received. At the end of 4 weeks, subjects in group 3 using the new nutrition formulation gained more muscle mass than groups 1 or 2, lost more fat, could jump significantly higher and run faster. (See graphs opposite).



Weight Loss - Vital Information -

ARE YOU on a low calorie diet to lose weight? Easy at the beginning to lose weight, wasn't it? Then it got harder even when you ate less.

The reason for this is that the body thinks it's starving and it slows its metabolism (rate at which it burns food). In the process your energy and drive vanish, you feel listless and you can't be bothered. On these diets much of the weight loss is muscle. That is why much to your dismay, you can lose weight and become flabbier at the same time. Muscle tissue is what keeps your metabolism high. One of the reasons men can generally eat more food than women without getting fat is



that they have more muscle. You can avoid these problems by holding on to your muscle tissue, that's your aim, to look firmer and have less fat. An aid to this is our product **AMINO ENERGISE**. Try it and see. You may be very surprised at how quickly you feel your old self again. Your energy should return or increase, you'll feel strong and best of all you should find yourself getting firmer. This product is one of the best of the new breed of high tech food supplements. Our conclusion is that it is very helpful when it comes to holding on to your muscles and well-being, while losing the fat.

Develop a healthy tan all year round with



Beta-Gold

If you have ever wished for a golden tan all year round then these capsules may be the answer. Beta-Gold is a natural food supplement extracted from plants. When used for over 2 weeks it can cause the skin to turn a light

golden colour. These capsules may also be used with sunbathing or sunbeds.

6 weeks' supply £12.95
3 months' supply £23.95

