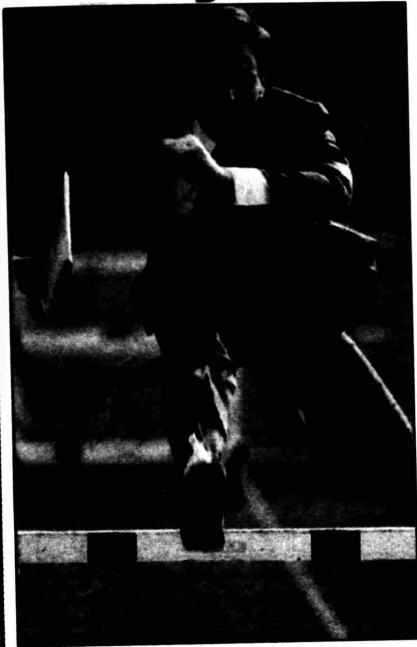
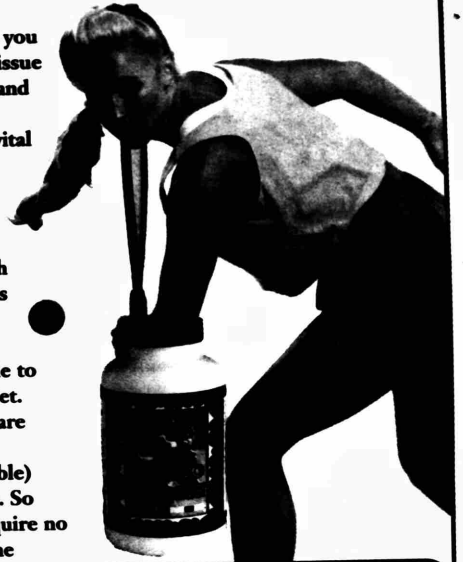


Always tired? Need more energy?



Just try this product and you will quickly notice a difference. Here's why. Your body, muscles, skin, hair etc. are all made from amino acids. These are the building blocks for what we know as protein. If some of the essential amino acids are in short supply your health may suffer. Even in the right amount they are often damaged through cooking. We have now introduced to Ireland the product, AMINO ENERGISE, that contains these amino acids. This is Tony Quinn's favourite product and it is giving our customers sensational results. Many of them report that they seem to feel stronger, firmer, have more energy and greater mental alertness and drive. As their

bodies become firmer many report a fat loss. This happens because when you increase your muscle tissue your energy increases and you burn off fat. Tony believes that they are vital for slimmers, bodybuilders, athletes and anyone who wants to feel and look their best. This hi-tech product is unique to us and made to what research shows is the ideal amino acid profile to balance the average diet. AMINO ENERGISE are pharmaceutical grade (highest quality available) free form amino acids. So much so that they require no digestion. They are the natural building blocks of the body in their purest form.



**£14.75 (100 tabs)
SPECIAL OFFER
£26.95 (200 tabs)**

What our customers are saying about Amino Energise...

Full of energy
I have been taking the Amino Energise since August 1997. I have found my alertness improved dramatically, my energy is brilliant and I am getting into excellent shape with minimal exercise. I really recommend them to anyone who wants to have more energy and vitality.
Teresa, Dublin 5.

A big difference in my shape
After taking Amino Energise I was very pleased to see how greatly it assisted in fat burning and in shaping and toning my body. I also found I was bright and full of energy with more drive. Thanks to Amino Energise I am now in the best shape of my life.
Yvonne, Co. Monaghan.

GET THE MAXIMUM FROM YOUR WEIGHT LOSS PROGRAMME.
For those who want to accelerate fat loss we have found the combination of the supplements AMINO-OR at night and AMINO ENERGISE during the day produces faster results. We invite you to call into any of our stores for our free slimmers' guide.

Science discovers more advanced antioxidants.

It is now established scientifically that free radical damage is one of the main causes of age related degenerative diseases including heart disease, cancer, arthritis and even wrinkles. Research has shown that antioxidants such as vitamins C and E may provide an effective protection against this damage. Herbal antioxidants are the fastest growing segment of the health market. Grapeseed extract is 50 times more potent than vitamin E and 20 times more potent than vitamin C as an

antioxidant. Bilberry is a nutrient shown to protect the eyes against the effects of ageing and silymarin is well documented to protect liver cells against free radical toxicity. Our new product LIFE EXTENSION MIX is the only supplement that contains this unique herbal antioxidant complex as well as the most complete Vitamin C complex that has ever been developed in a nutrient product. It also contains a unique formulation of Vitamin E and selenium compounds to

provide optimal synergistic antioxidant effects. In total it contains over 40 of the most powerful known antioxidants making it the most advanced product we know of. For further details see back page.



Antioxidants are the magic bullet that can kill off free radicals in the body.

NEW HEALTH STORES NOW OPEN

<p>THURLES Thurles Centre Slievenamon Rd. Tel: (0504) 24826</p>	<p>MULLINGAR Harbour-Place Shopping Centre Tel: (044) 45533</p>
<p>LONGFORD Town Centre Shopping Centre (beside Penneys) Tel: (043) 48177</p>	<p>KILKENNY Market Cross Shopping Centre (opens Mon. 20 Oct) Tel: (056) 71277</p>