

TONY QUINN

NUTRITIONAL BREAKTHROUGHS

NEW HEALTH STORES NOW OPEN
Longford, Thurles,
Mullingar, Kilkenny.

For full details see page 5.

WEIGHT LOSS

What our customers are saying about weight loss...

I lost 6 inches off my waist

I normally weigh 16 stone and at 6 feet in height I was about 3 stone overweight. Due to a change of job and differing eating patterns I soon became a further 2 stone heavier. I resolved to lose weight. Eventually after 2 years, a lot of heartache and hard time I was down to 15 stone and feeling great. On a visit to a Tony Quinn health store I was told about the Amino-Or supplement and I decided to achieve my target weight which was 13 stone. In less than a year I lost a further 2 stone much easier than my previous weight loss. Also my energy levels increased allowing me to do a day's work and still take part in lots of different activities.

Having lost 6" from my waist I



can now wear stylish clothes that fit and look good on me. Along with the weight loss has also come a new self-confidence and well-being I never had when I was overweight. The weight has stayed off with the help of sensible eating, exercise and most important Amino Or. At least 10 of my friends and family are now also enjoying the benefits of Amino-Or. I would highly recommend to anyone who has tried diets without success to visit a Tony Quinn store and go home with Amino Or to a new slimmer, healthier way of life.
Noel McKenna,
Co. Armagh.

I lost 2 1/2 stone



I felt I just had to write and tell you of the fantastic results I got when I took Amino-Or in conjunction with Body-Sculpting classes. My results were amazing. I lost 2 1/2 stone and I reshaped my body completely. I feel brilliant and I have so much more confidence. I want to thank everybody involved in helping me to achieve a new life.
Karen, Cork.



From size 20 to size 16

I have been taking Amino Or for about 6 months and in that time I have gone from a size 20 to a size 16. I was not really dieting in that time at all.
Rose, Dun Laoghaire.

Within 3 weeks I noticed a huge difference with my weight and energy. I lost (combined with no chocolate) over a stone, thanks to Amino Or.
D. Dunne, Co. Wicklow.

I lost 2 1/2 stone in 3 months

I have tried diets for years and found Amino Or was the one thing that helped. With a health diet and taking Amino Or I have lost 2 1/2 stone in 3 months and I would recommend them to anyone trying to lose weight.
B. Keating, Dublin.

I lost 1 1/2 stone in 6 months

I lost 1 1/2 stone in 6 months without doing any serious dieting. I had a lot more energy. I did not eat after

6.30pm in the evening. I found this very easy to do.
Francis, Co. Wicklow.

I have lost 21 lbs

After 6 weeks I have lost 21 lbs. Amino Or really made the difference with a healthy diet. I feel good.
Patricia, Bray.

I have lost 12 lbs in 3 weeks

I've been using Amino Or for 3 weeks now. I felt a big increase in energy levels as well as losing weight. I lost 7 lbs in 3 weeks without dieting very

much. I noticed a looseness in all my clothes which was great.
Margaret, Dublin 18.

Amino-Or

Special Offer

- 1 Month's Supply £13.95
- 2 Months' Supply £26.00
- 3 Months' Supply £39.00

Offer valid until Dec 97

Amino-Or is a natural food supplement taken in capsule form. It is an amino acid, one of the building blocks of protein. It has been available in Ireland through our Health Stores for 15 years.

All Weight Loss letters are genuine. The originals are held in our files and can be inspected where necessary. Customers are not paid for providing these testimonials. Please note that these letters may not reflect typical results. As results may vary we can make no guarantee claims for this product.

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Natural Relief from Pain of Arthritis



PAGE 4

New sports supplement may work up to 160% better than Creatine



PAGE 5

Boost your drive and energy with our No. 1 Product Amino Energise



PAGE 8

Life Extension - Slowing the ageing process

