



Could this humble sauce be a life saver?

This soya sauce alternative was originally created by Dr. Paul C. Bragg, America's health pioneer. Through his books, TV shows and health stores Bragg pioneered the concept of health, exercise and nutrition.

Just another American cooking fad you might say, not according to scientists at Great Ormond Street Hospital who believe that a simple amino acid, L-Arginine, contained in Bragg's Aminos could be a powerful weapon in the war on atherosclerosis, a degenerative disease of the arteries and the No. 1 killer in the western world today.

This exciting news for heart patients was recently featured in an article in the Daily Mail by journalist Angela Brooks. In this article Dr. John Deanfield, a consultant cardiologist heading the research at Great Ormond St., says 'the reason that L-Arginine is so important is because of its remarkable ability in restoring the function of the vessel walls after only a month of treatment.'

According to Dr. Deanfield, it has

been known for years that the process of damage to artery walls often occurs in the first decade of life. Children with high cholesterol in the first 10 years of life already have damage to the artery lining much like teenage smokers and even people exposed to passive smoking.

If they hoped to make a dent in the epidemic of heart disease, then scientists at the hospital felt that their best chance was prevention - to see if they could pick it up and try and nip it in the bud with L-Arginine at the earliest possible stage.

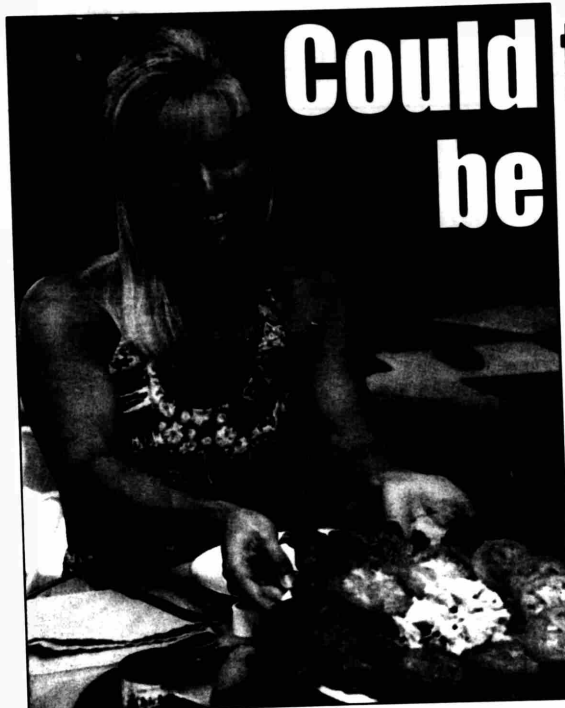
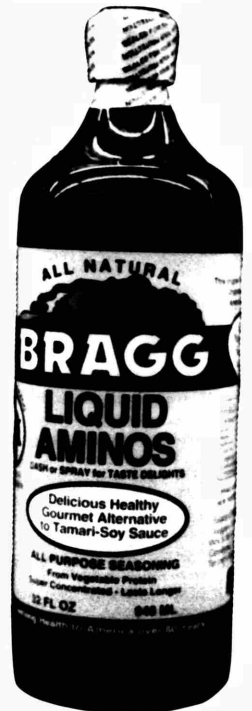
All those selected for the Great Ormond St. trial - a group of young people in their teens, 20s and 30s had high cholesterol. By the end of a month on L-Arginine there was a 50% improvement in the function of their arteries.

The hospital has now targeted a higher risk group - 40 year olds with multiple risk factors but with no clinical disease - to see whether L-Arginine improves survival rates on would-be coronary and angina patients.

'This is a fantastic area of research and we are very excited about it' says Dr. Deanfield. To date the exact amount of L-Arginine required is unknown. Doctors at Great Ormond St. gave the patients in their study 21 grams of an amino acid paste. According to them they picked their 21 gram a day daily dose at random and a required dose to restore proper function in the lining of the arteries could well be half that amount.

Dr. Mike Mullen of the Research Physiology Unit of Great Ormond St., believes that the amino acid sauce used by Mrs. Trump 'has potential'. Dr. Mullen says 'It is essential that people have a well balanced diet and anyone on a low protein or vegetarian diet may have a shortage of L-Arginine. L-Arginine used to be considered one of the non-essential Amino Acids, but now people regard it as a semi-essential Amino Acid which is a half-way house in that you might be able to manufacture it in the body, but it may not be reaching the places you may want it to reach. So you probably need to take supplements as well.'

L-Arginine can be obtained in a concentrated form in a supplement. However for a balanced intake of amino acids including L-Arginine Bragg's Liquid Aminos is ideal. As a healthy soya sauce substitute it is just



What has Marla Trump wife of billionaire Donald Trump got in common with millions of American people. In three short words Bragg Liquid Aminos. When Mrs. Trump gets into the kitchen and whips up a

meal for her family she finishes it off with a generous dash of Bragg Liquid Aminos, a special liquid soya bean sauce which contains 16 amino acids, including L-Arginine.

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Contains L-Arginine

Just try this product and you will quickly notice a difference. **HERE'S WHY:** Protein foods make up the solid tissue (muscles) and cells in your body. It takes a lot of energy to break down these foods into the end product used by the body i.e. free-form amino acids. This is exactly what Amino Energise is - pharmaceutical grade (highest quality available) free-form amino acids. These then are the natural building blocks of the body in their purest form. **THEY REQUIRE NO DIGESTION.** This is a big plus. They are a big favourite of Tony Quinn's. He believes that they make you firmer, stronger and more energetic, that they are vital for sports people and slimmers because they help maintain solid tissue and energy while dieting, and equally vital for invalids and those with poor digestion who need to build up their strength. He particularly advocates amino acids for body building as a healthy substitute for steroids and for those who want more mental alertness and drive.



£14.45 (100 tabs)

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the ticket for vegetables, rice and a salad dressing base.

And the last word from Mrs Trump: 'Bragg's Liquid Aminos is a wonderful alternative to soy sauce. It doesn't even have sodium in it even though it tastes saltier than regular soy sauce.'

BRAGG Liquid Aminos is available exclusively from Tony Quinn Health Stores nationwide and by mail order. A 16oz bottle costs £4.25. Two 16oz bottles cost £7.90.

L-Arginine is found in a much more concentrated form in our unique amino acid formulation Amino Energise.

SPECIAL OFFER

Free Bragg Liquid Aminos (worth £4.25) with every bottle of Amino Energise (200 tabs) purchased.
Normal cost £33.15.
Special offer price £26.00
Total saving - £7.15.

SPECIAL NOTE: Under no circumstances are we suggesting that these products should take the place of medical advice and where necessary medical treatment. However we believe that they may be a useful addition to any health programme.