



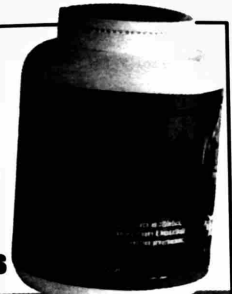
New Supplement may work up to 160% better than Creatine!

£33.50 900g tub

SPECIAL OFFER Valid until 1st May '97

2 tubs £62 save £5

3 tubs £90 + Free Protein 66 worth £7.50 save £18.45



Dave O'Connor Sports Nutritionist

In a recent university 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 nutritional formulation. 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.

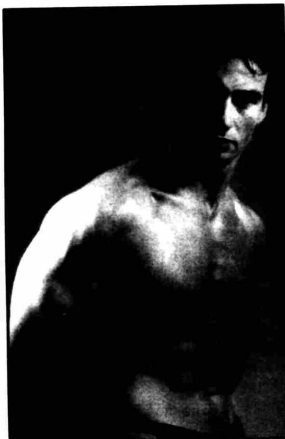
IMPROVE SPORTS PERFORMANCE

The accompanying research clearly shows an increase in dynamic strength, speed and energy production. This could have a huge impact on performance of all high intensity sports such as athletics, bodybuilding, football, swimming, rugby, basketball etc. Based on our own personal experience with this product we believe it may improve any sportspersons performance. Anecdotal reports from satisfied customers point to the fact that this supplement is the most result-producing on the market to date.

WEIGHT LOSS

95% of weight loss programmes fail because the person loses too much lean muscle tissue. From the research it would

appear that this product may be effective during a weight loss programme in maintaining lean body tissue while helping to burn fat.



"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.

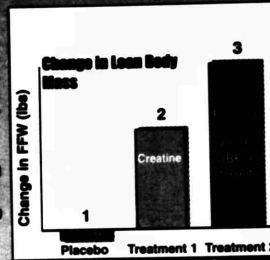
Amazing new scientific study reveals how you can get bigger, stronger and leaner in only 28 days

University Study Results

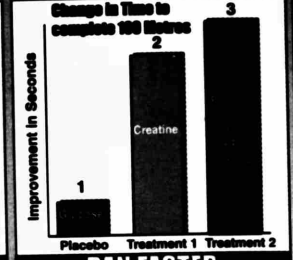
Bodyfat and lean muscle mass of subjects were measured before and after the study, as well as:

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

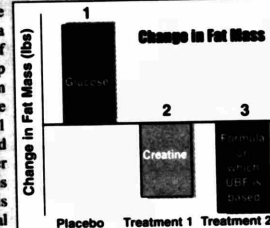
This was a "blind study" where subjects were unaware of which formula they received. At the end of 4 weeks, subjects in group 3 using the new nutrition formulation gained more muscle mass than groups 1 or 2, lost more fat, could jump significantly higher and run faster. (See graphs below). In the studies this graph seems to be typical of the results that might be obtained.



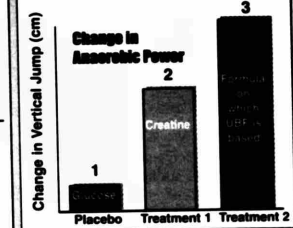
GAINED MASS



RAN FASTER



LOST FAT



JUMPED HIGHER

Is this the anti-stress vitamin?

FOODS can have a major influence on our ability to handle stress. Research indicates that a particular nutrient which is part of the B-complex range has an important function in the production of anti-stress hormones by the adrenal glands. This vitamin is essential to every cell in the body and must be present for energy to be produced from sugars or fats. If you feel under pressure and require more zest, drive and energy this vitamin may be the answer.

University research

When deficiencies in this vitamin were induced in university volunteers they developed fatigue, headaches, rapid heartbeat, muscle cramps and continuous colds. They became irritable, discontented and depressed.

Anti-stress vitamin

This vitamin has been shown by medical research to protect the body in many ways during stressful situations, including maintaining blood sugar levels and preventing blood pressure from dropping. During any stress, illness, injury or trauma, when more anti-stress hormones are required, the need for this vitamin increases.

The 'Happy Vitamin'

This vitamin may also benefit our moods and many of our customers report that it gives them a lift. Available in Ireland as Pan-Tac. Taken on a daily basis it is a safe way to help combat stress.

1 month's supply **£11.75**

2 months' supply **£19.25** (save £4.25)



Here's what people are saying about Ultimate Body Fuel

Dublin City Marathon

Having had dreadful problems with cramps and flues in my training programme for the Dublin marathon, I went to the Tony Quinn Centre where I was advised in the area of diet. Most important was the Ultimate Body Fuel which was vital for performance in races.

My first test was in the Cork City half marathon, a personal best in a time of 1hr 25mins. Better was to come 2 weeks later in the Cork/Cobh 15 miles run, an average of 6mins 15 secs per mile, finishing in 1 1/2 hrs. I had people on the course who had bottles of the Fuel (UBF) at every 4 miles. Due to my work situation it was not possible for me to go over 45 to 50 miles per week for 2 months before the marathon. My finishing time on such low mileage was 3 hrs 21 mins (with no cramps). This would not have been possible without the help from the staff of the Tony Quinn Centre. Yours in sport, John Sheehan, Co Laois



John Sheehan running in the Dublin City Marathon.

Shaped up

I started taking UBF 2 months ago. After 3 weeks I noticed a huge difference in myself. I firmed up everywhere and at the same time I lost 3 to 4 inches around my waist and hips. I feel brilliant on it, have loads of energy and am in great form.

S. Lynch, Cork

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