



# Can a little food supplement really help burn fat? Weight Loss Letters

*What our customers are saying about weight loss...*

## I lost over 30lbs

I was introduced to the Amino-Or weight loss capsules and have been delighted with the results I got. It only took 2 weeks for me to lose 7 lbs in weight but I also noticed my clothes were feeling looser. The staff at Tony Quinn Shop in Stephen's Green worked



out a weight loss programme for me and along with regular exercise and Amino-Or the results I got were fantastic. I lost over 30 lbs in just 9 weeks and I'm gone two sizes down in clothes. I have total faith in the Tony Quinn diet programme and would recommend it to anyone who wishes to lose weight.  
**Shelly, Dublin 13.**



## I lost 3 stone 11lbs

I myself am a bit of a 'Doubtful Thomas'. I had tried everything under the sun, even the quickie diets. Then I tried the Amino-Or and after one week I had plenty of energy and my weight started to drop. As I had been trying to lose weight all my life and now at last it was happening I began to feel great.

I have given up my 40 cigarette habit. I started to take the Protein 90 drink as well as the Amino-Or. My longing for cigarettes went with the two together. I was flying! I had no problem keeping off them. That's another reason why I take the Amino-Or. I would recommend them to anyone.

I might point out that taking the Amino-Or does not interfere with my social life. I still drink 6 pints at the weekend. My mother and father have now started to take Protein 90 as well and they really love it too!



**Paddy Mc Donagh**



## Lost 1 stone in weight

I took your Amino-Or for 5 weeks and lost 1 stone in weight. I didn't stick to any particular diet. Also I had a lot more energy and I lost inches from my waist. I would have no hesitation in recommending them to anyone for weight loss.  
**Andy, Dublin.**

## I lost 1 stone

I decided I wanted to lose some weight. So I bought some Amino-Or from Tony Quinn's Health Centre. I moved to America, I needed to lose some weight for the beach so I started taking them. It would have been about 7 weeks that I was taking them. I lost 1 stone in that time. I was very impressed with the tablets. I recommend these tablets for losing weight.  
**John F., Belfast.**

## Lost 1 1/2 stone

After having a baby I was very over weight and flabby. I started the

Amino-Or three months ago. I have lost one and a half stone. I feel great, thanks very much.  
**M.B., Cork.**

## I lost 2 st. 4 lbs

I was 17 stone 6 lbs. in Feb. '96. I started taking Amino-Or after hearing about it from a girlfriend. In 5 months I lost 2 stone 4 lbs. I also noticed I have a lot more energy. I would recommend them to any one who is losing weight.  
**W. Aspil, Dublin.**

## I have lost 14 pounds

I have been taking the Amino-Or for five weeks and in that time I have lost 14 lbs in weight. I did not adjust my diet in any significant way and I found it easy to lose the weight.  
**T. Fortune, Co. Wicklow.**

## Wear the 12 clothes again

On your advice I took Amino-Or and cut out all fatty foods from my

diet. As a result I have lost 1 stone in weight. I went from 10 stone 2 lbs to 9 stone 2 lbs. and can now wear my size 12 clothes again. I was on the Amino-Or for 6 months and during this time I noticed an increase in my energy level. In fact I had "energy to burn".  
**Dolores, Dublin.**

## I feel great

I was 15 stone and had no energy. I got the Blueprint paper and read about the Amino-Or. I am taking them for 2 months and I have lost almost 2 stone. I feel great with lots of energy.  
**E.K., Cork.**

## Lost 7 lbs in 2 weeks

I am writing this letter to express my delight with the results I have achieved with your Amino-Or. In just two weeks I lost 7lbs without any dieting. Thanks for making the weight loss so easy for me.  
**G. Doyle, Dublin.**

## Lost 16-18 lbs

I have taken Amino-Or for 2 months and have lost 16-18 lbs and inches. My clothes are fitting me properly again. I also have increased energy levels and feel wonderful. At this point I hope to lose a further 1 stone before Christmas.  
**Pauline, Dublin.**

## Lost almost 2 stone

Could you please send me a month's supply of Amino-Or capsules. I have lost almost 2 stone in 2 months using this product.  
**P.M., Co. Meath.**

## Dropped 1 size in my clothes

I started taking Amino-Or less than 9 weeks ago. I didn't change my diet at all. Since then I have lost 1 stone 1 lb. I have firmed up a lot, especially where I needed it on my thighs. I have also dropped one size in clothes.  
Thank you.  
**C. Walsh, Cork.**

## Lost 1 stone

I was 12 stone when I started Amino-Or three weeks ago. I had slightly high blood pressure and suspected diabetes due to being overweight and family history. Now after only 3 weeks, I've lost 1 st. Diets alone never worked for me but this time I just took three meals a day. My blood pressure is now normal. I recommend Amino-Or to everybody.  
**A.C., Dundalk.**



**Amino-Or is a natural food supplement taken in capsule form. It is an amino acid, the building blocks of protein. It has been available in Ireland exclusively through our Health Stores for 12 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.

## Amino-Or Special Offer

1 Month's Supply **£12.85**  
2 Months' Supply **£26.80**  
3 Months' Supply **£37.80**

Offer valid until 1<sup>st</sup> May '97

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