



Hailed as the world's most advanced antioxidant formulation

As seen on BBC TV documentary on Life Extension and Aging

A growing number of scientific research studies are showing that a powerful group of nutrients known as antioxidants appear to slow the aging process, while offering protection against many age related degenerative illnesses. These include heart disease, cancer, brain and immune system damage, arthritis even wrinkles.



• Free radicals attack healthy cells making us more vulnerable to illness and aging

Antioxidants have a protective effect on health because they reduce the number of free radicals in the body. As their name suggests, free radicals act like destructive terrorists in the body attacking healthy cells, making them more vulnerable to disease and causing them to age faster. They also work against the immune system and play a role in age related illnesses. Three of the most significant sources of free radicals are the fat in our diets (particularly vegetable oils) the action of sunlight on our skin, and radiation. Have you ever seen a plastic bottle

that has become dried up and brittle from lying out in the sun. The same thing happens over time to the collagen in our bodies as a result of free radicals.

Free radical scavengers

Antioxidants protect against this type of damage by acting as free radical scavengers. They change free radicals into harmless substances and in this way may offer protection to all of our tissues.

While antioxidants are abundant in fruit, vegetables and other foods they occur in levels too low to make a real difference.

Designer products

Nutritional Science has made revolutionary progress in recent years and now we are seeing high-tech specially designed products to meet specific needs. Now for the first time we are introducing such products into Ireland.

Life Extension Mix has been formulated to provide the most powerful combination of known antioxidants.

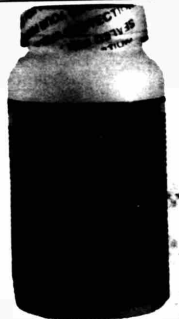
In a recent BBC T.V. documentary programme on life extension and aging some experts in the field suggested it was the most advanced product of its kind on the market today. It has the added benefit of combining a number of powerful antioxidants together so that they work in synergy and enhance each other's effect.



Life Extension Mix
£33.50

“One of my secrets of Life-Long Fitness is to take antioxidants. I believe that Life Extension mix is the best form of antioxidant available.”

Bob DeMonteque ND Life Extension Specialist.



Available exclusively from Tony Quinn Health Stores nationwide and by mail order.

Science shows how to build more muscle

In a recent double blind university study weight trainers who supplemented their diet with 3 grams of HMB gained 295% more strength and up to 300% more lean tissue (in only 3 weeks) than weight-trainers who followed the same nutrition and exercise programme, but did not use HMB. Another more recent study indicated HMB may also help weight-trainers lose fat faster.



Scientists aren't exactly sure how HMB works but one theory is that this metabolite of the amino acid leucine helps minimise the breakdown of muscle tissue, which increases recovery between workouts and may prevent over-training.

By minimising protein breakdown it is theorised that you can 'tip the balance' of protein metabolism in favour of muscle growth.

HMB has taken the bodybuilding world by storm in America and is now available in Ireland through Tony Quinn Health Stores nationwide.

If you want to be bigger, stronger and more muscular then HMB may be the answer.



10 Day Supply £29.95

SPECIAL OFFER

30 Day Supply £74.95
(save £14.90)

America's Best-selling Protein

Whether you are gaining or dieting Ultimate Whey Designer Protein is the way to go.

Protein is used in the production of skin, hair, muscles and bones and for the manufacture of hormones, enzymes, cellular messengers, nucleic acids and immune system components. Many diets lack protein which plays a major role in forming all solid tissue in our body. Without adequate protein your body cannot put together the structures that make up your cells, tissues and organs. If you lack protein you will always be soft and lacking in strength and energy. Protein is found mainly in meat, fish, eggs and cheese but unfortunately these foods are often high in fat.

Modern research has shown whey protein to be an extraordinary nutritious food. Scientific studies have shown The Ultimate Whey Designer Protein by Next Nutrition to be the highest quality protein available today. It has long been the favourite of many athletes because it is the best protein for tissue repair and



protein with all essential and non-essential amino acids. It is low in calories, lactose free with minimal fat and enriched with B-vitamins, calcium and glutamine. It easily mixed with a spoon in water, juice, milk or any other drink without the need for a blender and was voted "best tasting" among whey proteins in a recent editors survey in Muscle and Fitness Magazine.

increasing lean muscle. It has a biological value of 159, 68% better than egg white protein, the highest BV of any available protein on the market.

The Ultimate Whey Designer Protein is a complete high-value

Ultimate Whey Designer Protein is available from Tony Quinn Health Stores nationwide. On sale in the UK for £45.00 Our price £31.50



£31.50

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