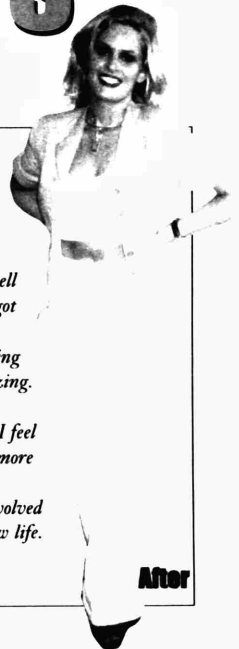




Can a little food supplement really help burn fat?

# Weight Loss Letters

What our customers are saying about weight loss...



## '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.



Before Karen, Cork.

After

## '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.

Shelley, Dublin 13.



Before

After

### Toned up so well

Would you please forward me one month's supply of Amino-Or. I have taken two month's supply and have lost six pounds. I have toned up so well and have lost 4" off my waist, hips 2", and 3" from my stomach. I definitely recommend Amino-Or in which I have done to friends and they are also delighted. Thank you Noreen Dennehy, Co. 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 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.

### Wear size 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. Dolores, Dublin.

### Lost 3 stone 5lbs

12 weeks ago I started taking Amino-Or and Amino Energise as well as following a low fat diet and exercising regularly. I lost 1 stone in just 2 weeks. This really boosted my confidence and proved Amino Or and Amino Energise really did work! After 2 months I had lost two stone and everyone was really noticing a big difference in my shape. Then I began to take Protein 90+ milk-shake drink and Ultimate Body Fuel, this combination worked wonders and my energy level has went to its peak. I feel great. Now after 12 weeks I have lost a total of 3 stone 5 lbs and gone down 2 sizes in my clothes. Thanks again A. R. Armagh.

### 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.

### I lost 5 1/2 since Sept

Thank you so much for your Amino-Or product. Since Sept 1996 I have lost 5 1/2 stone. I also walked 4 miles a day. Thank you. Jennifer, Cork.

### Lost 2 1/2 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

### 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 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.



## Amino-Or Special Offer

- 1 Month's Supply £13.05
- 2 Months' Supply £26.00
- 3 Months' Supply £37.00

Offer valid until 1 Aug 97

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FORM  
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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 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.