

Clear skin & great energy?

Among the important nutrients found in our Special Liver Formula are nucleic acids, which are renowned for enhancing energy levels as well as improving skin tone and hair condition, producing an overall youthful effect. This convenient supplement is a popular choice for men and women who need to look and feel their best - particularly athletes and sportspeople seeking more energy and endurance.

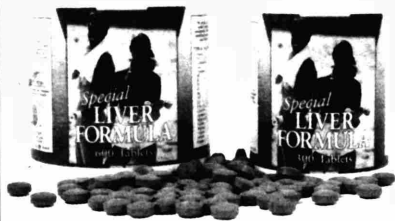


'My skin dramatically improved'

Seven years ago I developed acne on both my face and back. This made me depressed, and seemed to affect my whole life in a completely negative way. I visited your store in Rathmines, where I was told to include the food supplement SPECIAL LIVER FORMULA and BREWER'S YEAST POWDER. Calcium and Magnesium tablets were added to the list. My skin began improving after the second week, and then after the fourth week my skin had dramatically improved. It is now completely clear and there is a healthy glow to my face. I feel really healthy and full of energy. I believe the change in diet and especially the Special Liver Formula helped improve my health and well-being.

Dave McGlynn

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Our Special Liver Formula is free from any additives or excipients and originates in the USA and Scandinavia

Firm up with Protein 90

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.

Protein 90 is a complete high-value protein with all essential and non-essential amino acids. It is low in calories, lactose free, with minimal fat, and high in calcium. It is easily mixed in milk or any other drink with a blender. One nutritious glass is equal to approximately 1/2 pound of steak in protein content

- but unlike meat it is extremely low in fat. It can be taken as a refreshing milkshake or dessert. It is suitable anytime as a meal in itself or as a delicious dessert.



Price £7.95 300g tub
£16.99 750g tub
£30.00 2 x 750g tubs

Protein 90 is available from Tony Quinn Health Stores nationwide.

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Tony Quinn Gym & Aerobics Centre

Discover a whole new world of health at our newly refurbished Gym and Aerobics Centre *The Figure/Physique you have always wanted can be yours...*



With the opening of our refurbished gym and new aerobics centre we can now offer exercise and fitness routines to suit everyone's needs. Our remodelled weights room has a wide selection of free weights and machines to enable you to get into your best shape ever.

Our new aerobics studio offers daily aerobics classes for men and women and we also provide expert advice on stretching and toning routines to keep you healthy and in great shape.

Unlike many other gyms we also offer personal instruction and our fully supervised Four Stage Structured Programme forms the basis of a personalised training regime for you. This programme includes:

- 1 - Posture Assessment
- 2 - Resistance Training
- 3 - Diet for Health and Shape
- 4 - Applying the Right Mental Attitude

Aerobic Fitness Studio

Monday-Saturday for Ladies & Gents

Please contact us for details of classes available £3.00 to £3.50 per class for non-members

PRICES

12 Months - £220.00
6 Months - £160.00
3 Months - £105.00

MEMBERSHIP

£50.00 Deposit & £20 per month (Direct Debit)
Personal Training Available, Tel: 830 4998

Opening hours

| | LADIES | GENTS |
|-----------|---------|---------|
| Monday | 7am-2pm | 1pm-9pm |
| Tuesday | 1pm-9pm | 7am-2pm |
| Wednesday | 7am-2pm | 1pm-9pm |
| Thursday | 1pm-9pm | 7am-2pm |
| Friday | 1pm-9pm | 7am-2pm |
| Saturday | 9am-2pm | 1pm-6pm |

Tony Quinn Gym and Aerobics Centre - 67, Eccles St., Dublin 7. — Tel (01) 8304998