



Most people who have used it say: THIS IS THE MOST EFFECTIVE FOOD SUPPLEMENT EVER!

£33.50 900g tub
SPECIAL OFFER
2 tubs £62 save £5

Valid until 1st Aug '97



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 sportsperson's 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

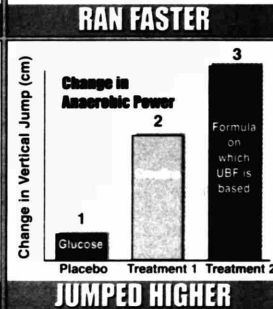
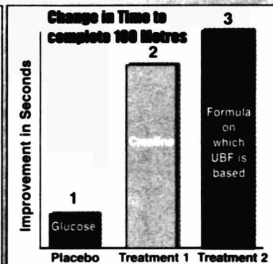
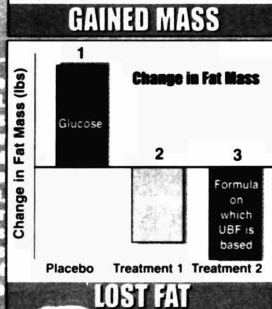
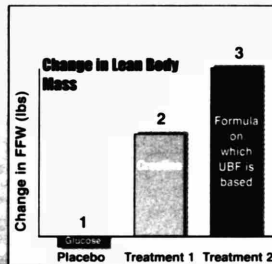
during a weight loss programme in maintaining lean body tissue while helping to burn fat.

"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.



Dave O'Connor, Sports Nutritionist & Bodybuilder.



New Supplement may give Relief from Pain of Arthritis

There are two main forms of arthritis: osteoarthritis and rheumatoid arthritis. Both affect the basic material of which joints are made, cartilage and the joint lubricating fluid, synovial fluid. In osteoarthritis the cartilage stops maintaining and repairing itself leading to breakdown, resulting in pain and stiffness. Rheumatoid arthritis involves an autoimmune attack on the linings of the joints, resulting in pain, inflammation, joint disfigurement, and loss of joint function.

Causes of Arthritis

While the causes of arthritis are very complex, research indicates that inflammation following joint injury may begin the process of arthritis. When a joint becomes inflamed, the blood supply is reduced, thereby reducing the ability to repair the cartilage and encouraging the formation of free radicals which attack the cartilage and lubricating synovial fluid within the joint. This free radical activity can trigger auto-immune attack to cause chronic loss of cartilage structure and function. In order for osteoarthritis to be treated effectively, the cartilage and synovial fluid in the joint must be protected against further destruction. Antioxidants such as the Life Extension Formula may be of benefit here.

For those whose joint degeneration has progressed significantly, more direct anti-arthritis therapies are required to stimulate repair of joint cartilage and restoration of synovial fluid.

Anti-Arthritic Supplements

Dr. Jason Theodosakis author of the recent US best selling book on arthritis 'The Arthritis Cure' declares 'Four decades of medical research from around the world have shown that two nutritional supplements - glucosamine and

chondroitin sulphate can halt or reverse osteoarthritis.'

Glucosamine

It provides the raw material needed to regenerate cartilage. According to Dr. Theodosakis 'Glucosamine can increase the production of collagen'. In nine European studies, glucosamine produced major reductions in joint pain, joint tenderness and joint swelling. One double-blind study involved 30 patients with chronic arthritis who were divided into two groups. One group received 500mg of glucosamine sulphate per day for 14 days while the other group received a placebo. Total symptom scores including pain, swelling, tenderness and loss of function improved by 71% in the glucosamine group but were little changed in the placebo group'. Another similar study confirmed these spectacular results'. Glucosamine salts exhibit no toxicity, and are easily absorbed.

Chondroitin Sulphate

Originally found in shark cartilage, chondroitin sulphate has been tested extensively on humans with outstanding success. According

to Dr. Theodosakis, chondroitin sulphate inhibits enzymes that degrade joint cartilage and collagen. It also helps to reduce joint pain and mobilise lipids and cholesterol deposits in blood vessels in surrounding joints.

Essential fatty acids

The essential fatty acids GLA, EPA and DHA (gamma Linolenic Acid) are precursors of prostaglandins, such as PGE1, PGE2, and PG12, which have known anti-inflammatory and anti-immune effects. GLA is found in evening primrose oil, borage oil, and black currant seed oil and fish oils are rich in EPA and DHA. In double-blind clinical trials fish oils and seed oils have been found to produce substantial improvements greater than placebo in both osteo and rheumatoid arthritis'.

1. Theodosakis, Jason, Adderly B. & Fox B. St. Martin's Press, NY. 'The Arthritis Cure'.
2. D'Ambrosio et al. Glucosamine Sulphate, a controlled clinical investigation of arthritis. *Pharmatherapeutics* 1981; 2(8): 504508
3. Crolle, G. D'Este. Glucosamine sulphate for the management of arthritis: a controlled clinical investigation. *Curr. Med. Res. Opin.* 1980; 7:104-109
4. Annals of Internal Medicine (1993, 119/9), British Journal of Rheumatology (1994, 33/9), Seminars in Arthritis and Rheumatism (1995, 25/2), Journal of Clinical Epidemiology (1995, 48/11).

ARTH-RITE FORMULA



Arth-rite is the latest hi-tech supplement to hit the shelves of the Tony Quinn Health Stores. We believe it to be one of our most effective products to date. Its unique formulation contains glucosamine sulphate, n-Acetyl glucosamine, chondroitin sulphate, EPA, DHA, GLA, Vitamin E, Ascorbyl Palmitate and Magnesium Aspartate.

COST £29.95 for 90 capsules
Special Offer 180 caps £54.90 - save £5