

BLUEPRINT

For Successful Living

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Boost your health the natural way this winter with Life Extension Mix



Hailed as the most advanced antioxidant and multi-vitamin/mineral formula in the world today (page 3)

WEIGHT LOSS

What our customers are saying about our night-time and day-time weight loss formula

Amino-Or & Amino-Energise
night-time and day-time formula



Before

'I've lost 64lbs and 10" off my waist'

I had allowed myself to get totally out of shape. I always felt tired in the mornings and each day was a struggle physically. I weighed over 19 stone with my waist measurement at 47". In March 1997 I went along to Tony Quinn's Gym. I started taking Amino Or at night and Amino Energise during the day along with regular training and a healthy diet. Within weeks my weight dropped, which showed that Amino Or, Amino Energise and the training really worked. This gave me encouragement to keep going and I also

found I had lots more energy. Now I'm at the happy point of weighing 14 stone 10lbs. I have lost 4 stone 8lbs (64lbs) in total. I've dropped 10 inches from my waist and 5 sizes in clothes. In the process I have uncovered a whole new attitude. I have a more optimistic attitude with greater self-belief, ambition and lots more energy. Tony Quinn's Gym and the supplements Amino Or and Amino Energise have helped me reach a healthier and better quality of life. Thank you,

Gerry McEntee

Update: I've continued to progress on the Tony Quinn weight loss programme. It's now Oct. '98 and I have lost a total of 84 lbs and my energy levels have gone through the roof. I have got much leaner and can now fit into a 32" waist jeans. My whole outlook has taken a dramatic change for the better. I feel so good about myself that I can do anything I put my mind to. **Gerry McEntee.**



After



Before

'I've lost 3 st. 2 lbs and kept it off'

For years I have tried unsuccessfully to lose weight. I went on every diet imaginable, losing a few pounds initially but eventually putting back on double the amount. I love going on holidays but I was always embarrassed about my weight. Every year I would look at my photographs and say, 'that's the last time I'll look like that' - yet every year the reality was that I was bigger than the previous year. Then in September 1997 I started taking Tony Quinn's Amino-Or at night and Amino-Energise tablets during the day, along with a healthy eating programme. I decided it was now or never - I just couldn't go on the way I was going. After two weeks I started to notice a difference - I could see my shape coming back. With each passing week I continued to look and feel better. By taking the Amino-Or

at night and the Amino-Energise with my meals during the day I started to really lose fat, and shape and tone my body like never before. I was full of energy with a lot more drive and I was starting to fit into clothes that I had bought years ago, that I could never wear. I was 13st 10lbs and now I'm down to 10st 8lbs. I am down two sizes in my clothes and I've lost 6" from my waist. For me the impossible has happened - this programme has worked magically well for me. I feel wonderfully well and confident with myself. Even over Christmas I was able to break out a few times without putting any weight back on. I am continuing to get into better shape. I am looking forward to my holidays with my new shape and my new outlook on life.

Yvonne Sherry, Co. Monaghan.

Update: Now one year later in Oct '98 I'm in the best shape of my life. I've kept the weight off for the first time ever and I feel great. **Yvonne Sherry.**



After

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. No guarantee is made.

Amino-Or & Amino Energise 1 Month's Supply **£38.90**

Offer valid until 1st Dec '98