

Always tired? Need more energy?



Just try this product and you will quickly notice a difference.

Here's why. Your body, muscles, skin, hair etc. are all made from amino acids. These are the building blocks for what we know as protein. If some of the essential amino acids are in short supply your health may suffer. Even in the right amount they are often damaged through cooking. We have now introduced to Ireland the product AMINO ENERGISE that contains these amino acids. This is Tony Quinn's favourite product and it is giving our customers sensational results. Many of them report that they seem to feel

stronger, firmer, have more energy and greater mental alertness and drive. As their bodies become firmer many report a fat loss. This happens because when you increase your muscle tissue your energy increases and you burn off fat. Tony believes that they are vital for slimmers, bodybuilders, athletes and anyone who wants to feel and look their best.

This hi-tech product is unique to us and made to what research shows is the ideal amino acid profile to balance the average diet. AMINO ENERGISE are pharmaceutical grade (highest quality available) free form amino acids. They require no digestion. They are the natural building blocks of the body in their purest form.

£26.95 (1 month's supply)

Weight Loss

- Vital Information

ARE YOU on a low calorie diet to lose weight, wasn't it? Then it got harder even when you ate less. The reason for this is that the body thinks it's starving and it slows its metabolism (rate at which it burns food). In the process your energy and drive vanish, you feel listless and you can't be bothered.

On these diets most of the weight loss is muscle. That is why much to your dismay, you can lose weight and become flabbier at the same time. Muscle tissue is what keeps your metabolism high. One of the reasons men can generally eat more food than women without getting fat is that they have more muscle. You can avoid these problems by holding on to your muscle tissue, that's your aim, to look firmer and have less fat. An aid to this is our product

Try it and see. You may be very surprised at how quickly you feel your old self again. Your energy should return or increase, you'll feel strong and best of all you should find yourself getting firmer. This product is one of the best of the new breed of high tech food supplements. Our conclusion is that it is very helpful when it comes to holding on to your muscles and well-being, while losing the fat.

Amino Energise - The Supplement of Champions

Olympic Swimmer - Nick O'Hare



Since I began to take Amino Energise I have had an increase in muscle mass and muscle tone as well as a decrease in body fat. Additionally I have had strength gains of approximately 20%. For example the weight that I lift on the leg press apparatus has increased

from 320kg to 395kg over the past 3 months. I would recommend this product to anybody interested in improving in any leisure or sporting pursuit. **Nick O'Hare.**

Note: Nick is an international competitive swimmer and represented Ireland at the Olympics.



Professional Boxer - Paul Griffin

Professional boxer Paul Griffin highly recommends Tony Quinn sports supplements. Paul uses them to help maintain his superb physique and to develop strength and endurance for his intense training sessions and competitive fights.

GET THE MAXIMUM FROM YOUR WEIGHT LOSS PROGRAMME

For those who want to accelerate fat loss we have found the combination of the supplements **AMINO-OR** at night and **AMINO ENERGISE** during the day produces faster results. We invite you to call into any of our stores for our free slimmers' guide.

I lost 10 lbs

I lost 10 1/2 lbs in three weeks using Amino Or and Amino Energise. No dieting, just eating the right food
Bridget, Co. Carlow

I lost 10 lbs

For the past 2 months I have been using Amino Or and Amino Energise. I have lost 1 stone. I found it very easy and had extra energy. No dieting.
Margaret, Co. Kilkenny

My energy is brilliant

I have been taking the Amino Energise since August 1997. I have found my alertness improved dramatically, my energy is brilliant and I am getting into excellent shape with minimal exercise. I really recommend them to anyone who wants to have more energy and vitality.
Teresa, Dublin 5.

I have lost 9 lbs

I have been taking Amino Or and Amino Energise for 4 weeks. I have lost 9lbs and feel

great. No other diets, just them. Great energy and easier than dieting.
N Egan, Co. Mayo.

Lost 13lbs in five weeks

Two great products Amino Or and Amino Energise. I have lost 13lbs in five weeks, lots of energy. Thanks a million
B.C., Bray, Co. Wicklow

I have lost a stone

I have taken Amino Or and Amino Energise for a month and have lost a stone. I have more energy and can work out a lot better. I found taking them a lot easier than going on a strict diet.
M Kelly, Co. Dublin.

A big difference in my shape

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 2 st. Everyone was really noticing a big difference in my shape.
A. R., Armagh.