

Most people who have used it say:

THIS IS THE MOST EFFECTIVE FOOD SUPPLEMENT EVER!

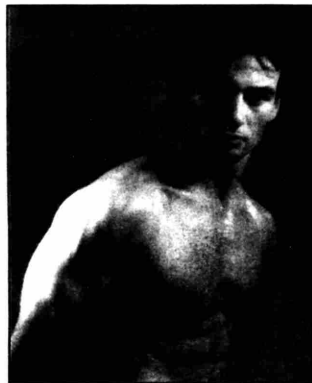
£24.95
1100g tub
Valid until 1st Dec '98

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.

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

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 sports person'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

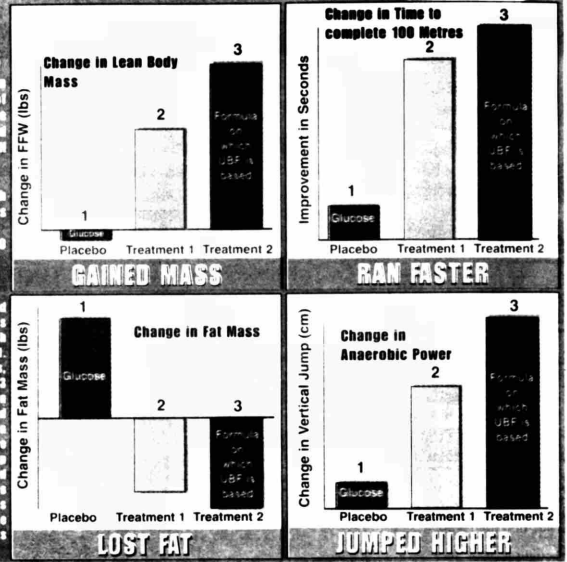
Amazing new scientific study reveals how you can get bigger, stronger and leaner in only 28 days.

University Study Results

Bodyfat and lean muscle mass of subjects were measured before and after the study, as well as:

1. Maximum strength in bench press (weight lifted)
2. Top speed in a 100 metre sprint
3. Best vertical jump

This was a "blind study" where subjects were unaware of which formula they received. At the end of 4 weeks, subjects in group 3 using the new nutrition formulation gained more muscle mass than groups 1 or 2, lost more fat, could jump significantly higher and run faster. (See graphs below). In the studies this graph seems to be typical of the results that might be obtained.



If you have ever wished for a golden tan all year round than these capsules may be the answer. Beta-Gold is a natural food supplement extracted from plants. When used for over 2 weeks it can cause the skin to turn a light golden colour. We have found BetaGold capsules an ideal natural aid to a healthy tan which will obtain good results for many of those who use them. Research also indicates that they may help to protect the skin against the harmful effects of UV radiation. Beta-Gold also contains pro-vitamin A, a useful nutrient which your body converts to Vitamin A - but only in the amount it requires, so you can't take too much. Beta-Gold is a 100% natural product extracted from plants. It is not to be confused with synthetic beta-carotene supplements which we do not recommend. Large scale studies seem to prove that this pro-vitamin may actually help to protect the body against disease Beta-Gold capsules may be used with sunbathing or sunbeds.

Tanning with UltraBronze

Melanin is the body's natural pigment which the skin uses to protect itself from excessive sunlight. A body that contains ample melanin will generally produce a much deeper tan. Tyrosine, an amino acid, has many roles in the body one of which is to become skin pigment (melanin) through the action of a special enzyme that requires the trace mineral copper.

The more of these ingredients there are in the correct amounts in the body the easier it may be to produce melanin and acquire a tan with sun exposure. Tyrosine and Copper are now available in capsule form as UltraBronze.

By taking these nutrients the body's ability to produce melanin may be enhanced. This tanning supplement can be used for all skin types to help produce a deeper tan than normal. We have found that many fair skinned people who have had difficulty getting a tan were able to achieve a colour for the first time using this product.

By combining Beta-Gold and Ultra Bronze together with a little sun exposure we believe you may develop your best suntan ever. Many of our customers report that with minimum sunbathing they have achieved a deeper darker colour while avoiding over-exposure to the harmful rays of the sun.

SPECIAL OFFER
Beta-Gold & Ultra Bronze **£23.50**