

First time ever in Ireland truly a nutritional breakthrough

# Super Food Supplements Condensed from Foods

For those who want the ultimate in nutritional supplements we have now available for the first time Vitamins and Minerals that are condensed food. These FOOD-FORM nutrients are grown by using hydroponic farming (grown or nutrient activated in water).

The dream of food scientists for decades was to take the necessary nutrients of natural foods and somehow shrink them into tablets. Then these tablets could be added to any diet for optimum nutrition. Now it has finally happened.

## A VITAMIN & MINERAL FORMULA FROM CONDENSED FOOD



For those who want the ultimate in natural products a new vitamin & mineral complex made completely from foods, containing almost 60 important nutrients in a food state for maximum absorption.

Is it necessary to take supplements? Surely we get enough from a healthy diet? Yes, in

times past, but possibly not today. Modern farming methods and food processing rob foods of many of their valuable nutrients. Most of our modern diets contain far too much highly refined, almost foodless foods.

If you are truly concerned with improving your health this FOOD-FORM vitamin and mineral supplement may be the perfect complement to your daily diet.

**£24.25 FOR 90 TABLETS**

## DO YOU SUFFER FROM MALNUTRITION?

**D**o you feel tired all the time? Has your get up and go, got up and gone? Maybe you're just suffering from malnutrition. There may be a simple solution. You may be lacking complete protein in your diet. Your muscles, skin, hair and vital organs are mainly made from complete protein. Proteins in turn are formed from amino acids. If some of these amino acids are lacking in your diet one of the symptoms is tiredness. We hear people say "I feel run down" and indeed this is a good description because the body does not have the amino acids to renew itself (amino acids are often referred to as the building blocks of the body). Even when eating complete protein foods the amino acids can be damaged in the cooking process.

Why not treat your body to a repair job and then see how you feel? AMINO ENERGISE is our best seller because it supplies the amino acids missing in most people's diets. It's worth a try, who knows, you may be able to say, like many of the letters we receive "I feel full of energy".

## SEE AND FEEL THE DIFFERENCE WITH FOOD-FORM VITAMIN E AND SELENIUM

**T**he benefits of Vitamin E in preventing and treating hardening of the arteries, lowering blood pressure, preventing blood clots and bacterial infections and as a general aid to longevity, due to its anti-oxidant action, have long been researched. Recent large scale studies in both Finland and the US seem to demonstrate the protective role of the trace mineral Selenium in both cancer and heart disease. There is now increasing evidence that optimal Selenium intake may prevent or reduce the incidence of many deadly diseases. There is a special synergistic



relationship among all anti-oxidants but especially between Vitamin E and Selenium. Dr. Paula Horvath and Dr. Clement Ip found that both Vitamin E and Selenium together seem to play a role in preventing the proliferating phase of cancer.

The latest research suggests that the amount of Vitamin E and Selenium consumed in typical diets may not be enough to counteract the free radical damage that may compromise health and hasten ageing.

We are very excited about our new FOOD-FORM vitamin E and Selenium supplement. We believe it to be one of our best products to date. It may have a particularly good effect on your skin. Some reports seem to indicate a smoothing effect in days.



**£7.99 for 45 tablets**

## FREE RADICALS AND AGEING

Free radicals are produced in the body from the fats that we eat, excessive sunlight, radiation (from computers, sunbeds, photocopiers) and air pollution (e.g. cigarette smoke, car exhaust fumes and ozone).

Free radicals are molecules that can damage your cells. They hasten ageing and contribute to causing heart disease, cancer, lung disease,



Free Radicals attack healthy cells making us more vulnerable to illness and ageing

cataracts and a variety of other illnesses. They impair the function of your immune system. When you reduce free radical formation you may age more slowly and decrease your chances of many illnesses. Antioxidants (as found in Tony Quinn's Life Extension Mix) are the magic bullet that can kill off free

radicals in the body. For further information see back page.