

WEIGHT LOSS

What our customers are saying about weight loss...

'I lost 6 inches off my waist'

I normally weigh 16 stone and at 6 feet in height I was about 3 stone overweight. Due to a change of job and differing eating patterns I soon became a further 2 stone heavier. I resolved to lose weight. Eventually after 2 years, a lot of heartache and hard time I was down to 15 stone and feeling great. On a visit to a Tony Quinn health store I was told about the Amino-Or supplement and I decided to achieve my target weight which was 13 stone. In less than a year I lost a



further 2 stone much easier than my previous weight loss. Also my energy levels increased allowing me to do a day's work and still take part in lots of different activities. Having lost 6" from my waist I can now wear stylish clothes that fit and look good on me. The weight has stayed off with the help of sensible eating, exercise and most important Amino-Or. At least 10 of my friends and family are now also enjoying the benefits of Amino-Or.
Noel McKenna, Co. Armagh.

'I lost 2½ stone'



I felt I just had to write and tell you of the fantastic results I got when I took Amino-Or in conjunction with Body-Sculpting classes. My results were amazing. I lost 2½ stone and I reshaped my body completely. I feel brilliant and I have so much more confidence. I want to thank everybody involved in helping me to achieve a new life.
Karen, Cork.

Lost 2½ stone in 3 months

I have tried diets for years and found Amino Or was the one thing that helped. With a healthy diet and taking Amino Or I have lost 2½ stone in 3 months and I would recommend them to anyone trying to lose weight.
B. Keating, Dublin.

Lost 1 stone in 1 month

I have taken the Amino Or for one month and I have lost 1 stone in weight. I would highly recommend it to anyone who wants to lose weight.
Philomena Carron.

From size 20 to size 16

I have been taking Amino Or for about 6 months and in that time I have gone from a size 20 to a size 16. I was not really dieting in that time at all.
Rose, Dun Laoghaire.

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.

Amino-Or

Special Offer

1 Month's Supply £13.95
2 Months' Supply £26.00
3 Months' Supply £39.00

Offer valid until 1st Mar '98

Lost 2½ stone in weight

I have been taking Amino Or for the past 1½ months and I have lost 2½ stone with these tablets.
Declan Early, Co. Longford.

Feel so much fitter

I have been taking Amino Or for one month and have lost 1 stone in weight and I feel so much fitter and also have more energy.
B.L.

Huge Difference

Within 3 weeks I noticed a huge difference with my weight and energy. I lost (combined with no chocolate) over a stone, thanks to Amino Or.
D. Dunne, Co. Wicklow.

Down a size in clothes

Amino-Or are absolutely excellent for energy levels, I have totally re-arranged the house since going on them. I have also gone down a size in clothes and I feel excellent.
Thanks a million,
I. K., Co. Longford.

Lost 7lbs in 3 weeks

I've been using Amino Or for 3 weeks now. I felt a big increase in energy levels as well as losing weight. I lost 7 lbs in 3 weeks without dieting very much. I noticed a looseness in all my clothes which was great.
Margaret, Dublin 18.

Lost 1½ stone in weight

I lost 1½ stone in 6 months without doing any serious dieting. I had a lot more energy. I did not eat after 6.30pm in the evening. I found this very easy to do.
Francis, Co. Wicklow.

I have lost 21 lbs

After 6 weeks I have lost 21 lbs. Amino Or really made the difference with a healthy diet. I feel good.
Patricia, Bray.

From size 18 to size 14

I have been taking Amino Or for two months and have gone from size 18 to size 14 and I feel full of energy.
S. M.

Lost 9lbs in one month

I have taken Amino Or for about a month and I lost 9lbs so far. I feel great and I have more energy
J. L., Co. Longford.

Amino-Or is a natural food supplement taken in capsule form. It is an amino acid, one of the building blocks of protein. It has been available in Ireland through our Health Stores for 15 years.

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. As results may vary we can make no guarantee claims for this product.