

# BLUEPRINT

*For Successful Living*

No. 43 • Summer 1998 • Distribution Countrywide • Circulation 600,000



## WEIGHT LOSS

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

See pages 4 and 5  
for details



*This summer get your*



*best tan ever*



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

**If you wish to get a golden tan the healthy way this summer, then Beta-Gold capsules may be the answer.**

### Healthy tan

If you have ever wished for a golden tan all year round then 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.

These capsules may also be used with sunbathing or sunbeds.



**Beta Gold 6 weeks supply £13.49**

**SPECIAL OFFER**

Beta Gold and Ultra Bronze

**£23.50**

*Tanning with*

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 tablet form as *Limbsol*.

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.

*Limbsol*

**1 month's supply £12.95**

**Shape up for Summer with Tony Quinn's Body-Sculpting Classes - Details page 7**