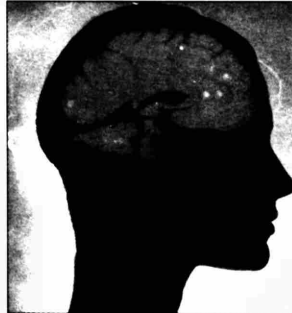


ENHANCE YOUR BRAIN POWER?

Can you improve your memory and concentration with our new high voltage supplement?

MIND ALERT is our new supplement formulated using the latest research on mind-power nutrients. There are times when we all wish for more mental alertness, more mental drive and a greater feeling of wellbeing. If you feel mentally sluggish, if you would like more concentration for your favourite sport, if you want that extra drive to enable you to perform better in your business, then you should definitely consider our **MIND ALERT** product.



BRAIN FUEL NUTRIENTS

Our brain needs particular nutrients to function at its maximum. Just like a rocket ship you would not expect it to perform at its best on an inferior fuel. Important brain research in the last 15 years has confirmed that the quantity and concentration of certain key nutrients can make a difference to your mental alertness. One of these key nutrients is a naturally occurring substance

known as DMAE. It is found abundantly in seafoods such as anchovies and sardines. DMAE has been reported to help elevate mood, improve memory and learning, heighten intelligence, increase physical energy and in laboratory animals extend lifespan.

Some users report a sounder sleep at night as well as needing less sleep while taking DMAE.

Another key nutrient is the herb St. John's Wort. Hypericin is the main active ingredient in this herb. Dozens of controlled, double-blind

studies published world-wide support the effectiveness of St. John's Wort in enhancing feelings of well-being.

MIND ALERT

Our new formula 'Mind Alert' combines these amazing compounds with special brain formula co-factors to give an enhanced synergistic effect. Many of our customers are reporting an increase in mind alertness and energy giving them the ability to concentrate for longer and more intensely. If you are feeling stressed out and low in mental energy, give 'Mind Alert' a try. It may just be the extra fuel you need to keep your mind operating at peak efficiency.



£19.95 for 60 capsules

Glucosamine & Chondroitin A-Rite Formula



A-Rite is a unique formulation that contains glucosamine sulphate, n-Acetyl glucosamine, chondroitin sulphate, EPA, DHA, GLA, Vitamin E, Ascorbyl Palmitate and Magnesium Aspartate.

£29.95 for 90 capsules
Special Offer 180 caps £57.00

A New Breakthrough in Food Supplements

Vitamins and Minerals made entirely 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.**

VITAMIN E AND SELENIUM

The benefits of Vitamin E as a general aid to longevity, due to its anti-oxidant action, have long been researched. There is now increasing evidence that optimal intake of the trace element Selenium may prevent or reduce the incidence of many deadly diseases. Irish soil is reputed to be deficient in selenium. Worldwide studies have shown that in countries where selenium levels are low diseases such as cancer and heart disease

are more prevalent.

There is a special synergistic relationship among all anti-oxidants but especially between Vitamin E and Selenium. 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.

Food Form Vitamin E & Selenium
£7.99 for 45 tablets

Food Form Multi-Vitamin/Mineral
1 month's supply £9.95
3 months' supply £24.25



DO YOU SUFFER FROM MALNUTRITION?

Do 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 fast becoming 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".

Six week Yoga Classes at Tony Quinn Health Centre, 20 Academy St., Cork
Mon 8th June 10.30am - 12pm & 7.30pm - 9pm Cost £48 Ph (021) 276 364