



**Amino-Or**  
(night-time formula)

# GET INTO YOUR BEST SHAPE EVER BY THE END OF THE SUMMER



**Amino-Energise**  
(day-time formula)



Before

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

I had allowed myself to get totally out of shape. I always felt tired in the mornings and each day was a struggle physically. I weighed over 19 stone with my waist measurement at 47". In March 1997 I went along to Tony Quinn's Gym. I started taking Amino Or at night and Amino Energise during the day along with regular training and a healthy diet.

Within weeks my weight dropped, which showed that Amino Or, Amino Energise and the training really worked. This gave me encouragement to keep

going and I also found I had lots more energy. Now I'm at the happy point of weighing 14 stone 10lbs. I have lost 4 stone 8lbs (64lbs) in total. I've dropped 10 inches from my waist and 5 sizes in clothes. In the process I have uncovered a whole new attitude. I have a more optimistic attitude with greater self-belief, ambition and lots more energy. Tony Quinn's Gym and the supplements Amino Energise and Amino Energise have helped me reach a healthier and better quality of life. Thank you,

*Gerry McEntee*



After

## Weight Loss

*- vital information -*

**A**RE YOU on a low calorie diet to lose weight, wasn't it? Then it got harder even when you ate less. The reason for this is that the body thinks it's starving and it slows its metabolism (rate at which it burns food). In the process your energy and drive vanish, you feel listless and you can't be bothered.

On these diets most of the weight loss is muscle. That is why much to your dismay, you can lose weight and become flabbier at the same time. Muscle tissue is what keeps your metabolism high. One of the reasons men can generally eat more food than women without getting fat is that they have more muscle. You can avoid these problems by holding on to your muscle tissue, that's your aim, to look firmer and have less fat. An aid to this is our product **AMINO ENERGISE**.

Try it and see. You may be very surprised at how quickly you feel your old self again. Your energy should return or increase, you'll feel strong and best of all you should find yourself getting firmer. This product is one of the best of the new breed of high tech food supplements. Our conclusion is that it is very helpful when it comes to holding on to your muscles and well-being, while losing the fat.

## Always tired? Need more energy?

**Just try this product and you will quickly notice a difference.**

**Here's why.** Your body, muscles, skin, hair etc. are all made from amino acids. These are the building blocks for what we know as protein. If some of the essential amino acids are in short supply your health may

suffer. Even in the right amount they are often damaged through cooking. We have now introduced to Ireland the product **AMINO ENERGISE** that contains these amino acids.

This is Tony Quinn's favourite product and it is giving our customers sensational results. Many of them report that they seem to feel stronger, firmer, have more energy and greater mental alertness and drive. As their bodies become firmer many report a fat loss. This happens because when you increase your muscle tissue your energy increases and you burn off fat. Tony believes that they are vital for slimmers, bodybuilders, athletes and anyone who wants to feel and look their best.

This hi-tech product is unique to us and made to what research shows is the ideal amino acid profile to balance the average diet. **AMINO ENERGISE** are pharmaceutical grade (highest quality available) free form amino acids. They require no digestion. They are the natural building blocks of the body in their purest form.



**SPECIAL OFFER**  
**£26.95 (1 month's supply)**

