

# WEIGHT LOSS



Before

## 'I've lost 44lbs and gone down 2 sizes in my clothes'

For years I have tried unsuccessfully to lose weight. I went on every diet imaginable, losing a few pounds initially but eventually putting back on double the amount. I love going on holidays but I was always embarrassed about my weight. Every year I would look at my photographs and say, 'that's the last time I'll look like that' - yet every year the reality was that I was bigger than the previous year.

Then in September 1997 I started taking Tony Quinn's **Amino-Or** at night and **Amino-Energise** tablets during the day, along with a healthy eating programme. I decided it was now or never - I just couldn't go on the way I was going. After two weeks I started to notice a difference - I could see my shape coming back. With each passing week I continued to look and feel better. By taking the **Amino-Or** at night and the **Amino-Energise** with my meals during the

day I started to really lose fat, and shape and tone my body like never before. I was full of energy with a lot more drive and I was starting to fit into clothes that I had bought years ago, that I could never wear.

I was 13st 10lbs and now I'm down to 10st 8lbs. I am down two sizes in my clothes and I've lost 6" from my waist. For me the impossible has happened - this programme has worked magically well for me. I feel wonderfully well and confident with myself.

Even over Christmas I was able to break out a few times without putting any weight back on. I am continuing to get into better shape. I am looking forward to my holidays with my new shape and my new outlook on life.

Thank you,  
*Yvonne Sherry,  
Co. Monaghan.*



After

## 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.

## What our customers are saying about weight loss...

### *I have lost a stone*

I have taken Amino Or and Amino Energise for a month and have lost a stone. I have more energy and can work out a lot better. I found taking them a lot easier than going on a strict diet.  
M Kelly, Co. Dublin.

### *Lost over 2 stone*

Since taking Amino Or last August and changing my eating habits, (low fat, no beer and not eating late at night), I have lost over 2 stone and feel great.  
L.F., Cabinteely, Co. Dublin.

### *Lost 13lbs in five weeks*

Two great products Amino Or and Amino Energise. I have lost 13lbs in five weeks, lots of energy. Thanks a million  
B.C., Bray, Co. Wicklow.

### *Size 20 now size 16*

I started taking Amino Or a month ago I was size 20 and now I am size 16. I feel brilliant and my shape is getting better every day. Everyone is telling me how well I look. I lost 1 stone in the month.  
Joan, Cork.

### *Amino-Or has worked for me*

I was 16 stone 12 lbs when I started Amino Or. Now almost 7 months later I

am 14 stone 4 lbs. Amino Or has worked for me where any other diet or product failed. I wouldn't go any further than Amino Or.  
J. McC., Bandon.

### *I have lost 9 lbs*

I have been taking Amino Or and Amino Energise for 4 weeks. I have lost 9lbs and feel great. No other diets, just them. Great energy and easier than dieting.  
N Egan, Co. Mayo.

### *The easiest way of losing weight*

I have been on Amino Or for the last two months and I have lost two stone. I have firmed and toned up, down two sizes. It has been the easiest way of losing weight and I am more confident in myself.  
Eileen, Cork.

### *I have lost 4 stone*

I started taking Amino Or 3 months ago. I am very happy with myself. I have lost 4 stone. Every diet I tried I failed. I now just eat sensible. I am going to continue with this. I firmed and toned my body completely.  
Mary S., Cork.

### *Absolutely delighted with myself*

When I started taking Amino Or and

Protein 90 there was no change for one month then a complete change. The weight dropped off everywhere. I went from size 16 to 12. I am completely firm and toned with it. Sleeping brilliant and loads of energy. I am absolutely delighted with myself. I have bought a whole new wardrobe.  
M. Barry, Cork.

### *I Lost 2 stone*

I have been on Amino Or for almost 1 month and lost 2 stone! NO JOKE. Feeling great. Had to loose weight for operation. Anyone can do it if I can.  
H.H., Longford.

### *Lost 1 Stone in 1 Month*

I've been taking Amino Or for 1 month and have lost 1 stone in weight. I also found my energy level increased.  
Bridget, Co. Tipperary.

### *From Size 16 to 12 in 2 months.*

I have been taking Amino Or for two months as of Dec. 97. I am (now) wearing a size 12. Two months ago I was a size 16.  
Sarah, Co. Tipperary.

### *Lost 1 Stone*

I have taken Amino Or for the last month and have lost 1 stone. I also

noticed my energy level has increased. I should have taken them long ago.  
S. Lee, Co. Longford.

### *An answer to a prayer*

I have been taking Amino Or for about 4 months and in that time I have gone from size 18 down to size 12 and no flabby bits. After trying several other products to no avail, I found these are an answer to a prayer. Thanking you,  
C.A. Roscommon.

### *Amino Or are great.*

I lost 1 stone in a month and also found an increase in energy. I didn't find a need to diet or do strenuous exercise.  
E. Keogh, Co. Dublin

### *I Find Them Wonderful*

I find them wonderful and my energy has improved every day I'm on them.

## Amino-Or

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

Offer valid until 1<sup>st</sup> July '98

**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.