

# BLUEPRINT

*For Successful Living*

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

Develop a healthy tan all year round  
with...  
**Beta-Gold & Ultra-Bronz**

## GET INTO YOUR BEST SHAPE EVER FOR SUMMER

With our night-time and day-time weight loss formula



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



**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 Or and Amino Energise have helped me reach a healthier and better quality of life. Thank you,  
**Gerry McEntee**



After

#### *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 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.

#### *My energy is brilliant*

I have been taking the Amino Energise since August 1997. I have found my alertness improved dramatically, my energy is brilliant and I am getting into excellent shape with minimal exercise. I really recommend them to anyone who wants to have more energy and vitality.  
Teresa, Dublin 5.

#### *A big difference in my shape*

I started taking Amino-Or and Amino Energise as well as following a low fat diet and exercising regularly. I lost 1 stone in just 2 weeks. This really boosted my confidence and proved Amino Or and Amino Energise really did work! After 2 months I had lost 2 st. Everyone was really noticing a big difference in my shape.  
A. R., Armagh.

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.

### Special Offer

1 Month's Supply  
**Amino-Or**  
&  
**Amino Energise**  
**£38.90**

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

## Weight Loss - Vital Information -

**A**RE YOU on a low calorie diet to lose weight? Easy at the beginning 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.