

Most people who have used it say:

# THIS IS THE MOST EFFECTIVE FOOD SUPPLEMENT EVER!

**PRICE**  
**£34.95 1100g tub**

Valid until 1st Aug '98



In a recent university study conducted at an American university over 4 weeks this nutritional formula increased lean muscle tissue, reduced fat and enhanced strength and speed. Test subjects were able to run faster, jump higher and lift heavier weights as well as lose fat and increase muscle tone (see graphs opposite). This is one example of a number of studies currently researching this nutritional formulation. Results may vary with individuals but nonetheless this is an indication of the type of results which can be obtained. Surveys in the top health and fitness magazines consistently rate this as the No. 1 product for customer satisfaction.

### IMPROVE SPORTS PERFORMANCE

The accompanying research clearly shows an increase in dynamic strength, speed and energy production. This could have a huge impact on performance of all high intensity sports such as athletics, bodybuilding, football, swimming, rugby, basketball etc. Based on our own personal experience with this product we believe it may improve any sports-person's performance. Anecdotal reports from satisfied customers point to the fact that this supplement is the most result-producing on the market to date.

### WEIGHT LOSS

95% of weight loss programmes fail

because the person loses too much lean muscle tissue. From the research it would appear that this product may be effective during a weight loss programme in maintaining lean body tissue while helping to burn fat.

### "ULTIMATE BODY FUEL"

This unique high tech nutritional formulation is now available in Ireland under the name of Tony Quinn's Ultimate Body Fuel only from our Health Stores.



Dave O'Connor, Sports Nutritionist & Bodybuilder.

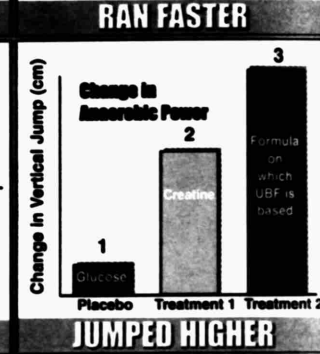
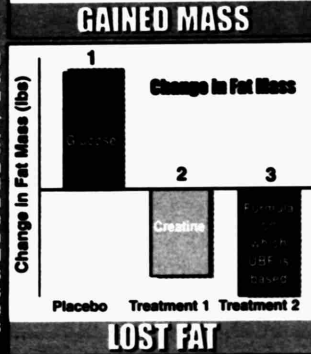
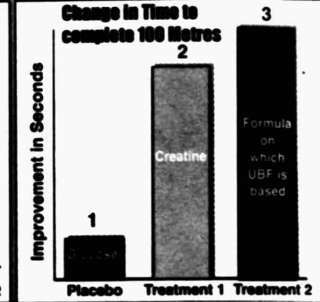
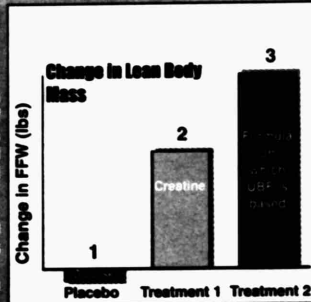
Amazing new scientific study reveals how you can get bigger, stronger and leaner in only 28 days

### University Study Results

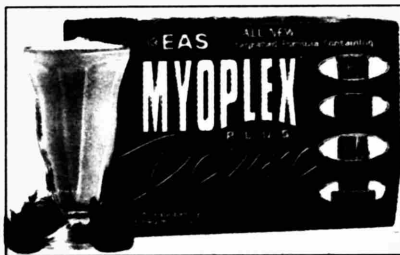
Bodyfat and lean muscle mass of subjects were measured before and after the study, as well as:

1. Maximum strength in bench press (weight lift)
2. Top speed in a 100 metre sprint
3. Best vertical jump

This was a "blind study" where subjects were unaware of which formula they received. At the end of 4 weeks, subjects in group 3 using the new nutrition formulation gained more muscle mass than groups 1 or 2, lost more fat, could jump significantly higher and run faster. (See graphs below). In the studies this graph seems to be typical of the results that might be obtained.



## YOU WON'T WANT TO BUY FROM ANYONE ELSE WHEN YOU SEE OUR SPORTS SUPPLEMENTS PRICES



Full range of EAS supplements available

	RRP	Our Price
Myoplex Plus	£44.95	£39.95
Designer Protein	£44.95	£34.95
2 Grow 2000 (Weight Gainer)	£38.95	£33.95
Creatine 125g	£9.95	
Creatine 250g	£14.95	
Creatine 375g	£21.95	
Creatine 500g	£24.95	
Creatine 1000g	£44.95	

## Sunless Tanning Mist

Now you can have all the benefits of a stunning golden tan while avoiding the risks of excessive UV radiation. Our new Tanning Mist is a whole new break-through in 'Sunless Tanning'. Its long-lasting formula works fast and produces a fabulous golden tan overnight. It is ideal for use all year round and to produce a healthy golden glow for that special party or occasion. Suitable for men and women it is oil- and scent-free. Simple to apply, it dries fast to produce a quality tan whenever and wherever you want it.



Sunless Tanning Mist - 1 bottle £10.50 - 2 bottles £19.00

## Are you starving your body?

You may think you are eating well and including your daily quota of protein foods. (Protein foods make up the solid tissues (muscles) and cells in your body). Yet your body is not as firm as you would like it to be. You lack energy, feel a little run down, don't look as well as you should. Even though you are taking vitamins you still feel something is lacking. Some of you may have concluded you are just getting older. But here is something you should just check out, regardless of what condition you are in. You may be lacking protein.

You may be eating enough protein but in the cooking some of the amino acids may be damaged. (Amino acids are what protein is made from). If these amino acids are not replaced, it's as if your body is being starved. This may well be happening to most people. We have a product, called Amino Energise, that supplies the missing amino acids in their pure form. Try it and see. You may just find that it makes the vital difference.