



WEIGHT LOSS

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



Amino-Or
(night-time formula)

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

Amino-Energise
(day-time formula)



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.

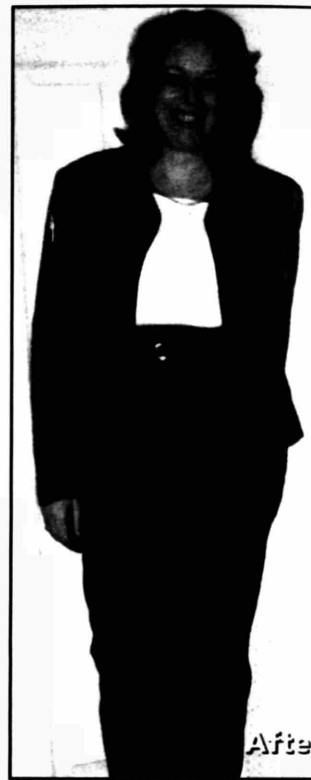
Then in September 1997 I started taking Tony Quinn's **Amino-Or** at night and **Amino-Energise** tablets during the day, along with a healthy eating programme. I decided it was now or never - I just couldn't go on the way I was going. After two weeks I started to notice a difference - I could see my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

Yvonne Sherry, Co. Monaghan.



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.

Olympic Swimmer



Since I began to take Amino Energise I have had an increase in muscle mass and muscle tone as well as a decrease in body fat. Additionally I have had strength gains of approximately 20%.

For example the weight that I lift on the leg press apparatus has increased from 320kg to 395kg over the past 3 months. I would recommend this product to anybody interested in improving in any leisure or sporting pursuit. **Nick O'Hare.**

Note: Nick is an international competitive swimmer and represented Ireland at the most recent Olympics in Atlanta.

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)