

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

## 'I lost 6 inches off my waist'

Normally weigh 16 stone and at 6 feet in height I was about 3 stone overweight. Due to change of job and differing eating patterns I became a further 2 stone heavier. I decided to lose weight. Eventually after 2 years, a lot of heartache and hard time I was down to 15 stone and feeling great. On a visit to Tony Quinn health store I was told about Amino-Or supplement and I decided to give my target weight which was 13 stone. In less than a year I lost a further 2 stone which was easier than my previous weight loss. Also my energy levels increased allowing me to do a day's work and still take part in lots of different activities.

Having lost 6" from my waist I can now wear fashionable clothes that fit and look good on me. My mood with the weight loss has also come a new sense of confidence and well-being I never had when I was overweight. The weight has stayed off with the help of sensible eating, exercise and the most important Amino Or. At least 10 of my friends and family are now also enjoying the benefits of Amino-Or. I would highly recommend to anyone who has tried diets without success to visit a Tony Quinn store and come home with Amino Or to a new slimmer, healthier way of life.

Del McKenna, Co. Armagh.

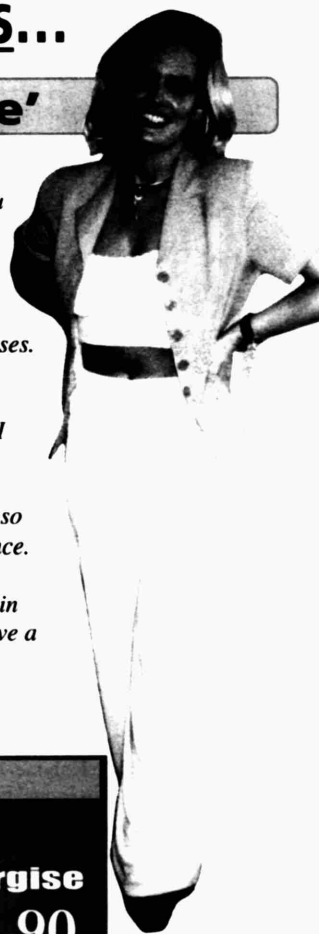


## 'I lost 2½ stone'



I felt I just had to write and tell you of the fantastic results I got when I took Amino-Or in conjunction with Body-Sculpting classes. My results were amazing. I lost 2½ stone and I reshaped my body completely. I feel brilliant and I have so much more confidence. I want to thank everybody involved in helping me to achieve a new life.

Karen, Cork.



### Special Offer

1 Month's Supply...

**Amino-Or & Amino Energise**

**£38.90**

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

### Lost over 2 stone

I started 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.

John Cainteely, Co. Dublin.

### Size 20 now size 16

I started taking Amino Or a month ago I was a 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.

John, 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. Amino Or has worked for me where other diet or product failed. I wouldn't go any further than Amino Or.

John C.C., Bandon.

### 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 been toned up, down two sizes. It has been the easiest way of losing weight and I am more confident in myself.

John, 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 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.

### 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.

### 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.

### 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.

### I Find Them Wonderful

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

PD, Co. Kildare.

### From a size 14 to a 12

In 2 months I have gone from a size 14 to a 12, which is the size I was previous to gaining a stone in weight. I am not on any particular diet but fasting before bed time is proving to be most beneficial. I would advise exercise to anyone wishing to lose weight. Thanks to the Tony Quinn Health Centre for giving me the figure I want in the natural way. I will continue to take Amino Or.

Ann Marie.

### 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.

### 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.

### Delighted with the results

I lost 2 stone and mainly from waist and hips. Excellent incentive to continue healthy eating, (i.e. not eating 2½ hours before bed). I am delighted with the result.

S. Nash, Limerick.

## 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> Aug '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.