

# DSS



**AFTER**  
DEC 98

## 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 better results. We invite you to call into any of our stores for our free slimmers' guide.

## 'I've lost 44lbs and kept it off'



**BEFORE**

ALL of my life I have been trying to lose weight. I've been on lots of diets including the starvation type diets but always I've ended up losing a lot of weight initially but eventually would put it all back on and some more.

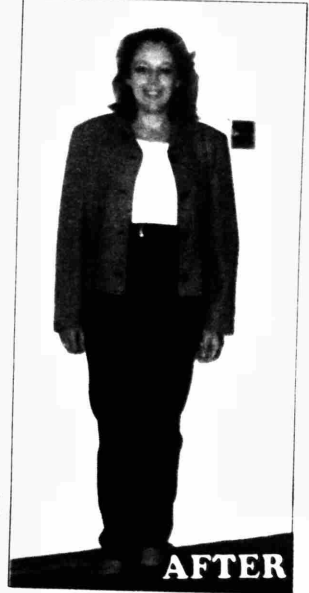
Then I started on the *Tony Quinn Weight Loss Programme*. I took the supplements, *Amino-Or* at night and *Amino-Energise* during the day, along with a healthy eating programme — no starvation diet here.

In about 3 months I lost 44lbs in weight. I went from 13st 10lbs to 10st 8lbs, lost 6 inches off my waist and was fitting into clothes that I normally couldn't wear.

Now a little more than a year later I still find it simple to maintain my slim figure. I have even started exercising regularly and now follow *The Tony Quinn Gym programme*.

I can honestly say that I feel absolutely fantastic. I feel healthy, fit, energetic and this has given me a whole new lease of life and complete confidence with myself and my new shape.

Yvonne



**AFTER**

## 'I've lost 64lbs and 10" off

### my waist



**BEFORE**

It's over a year now since I reached my target weight having lost 64lbs and 10 inches off my waist.

I have continued to lose body fat but I've also firmed up so that I've taken on a more tapered shape. I have continued to use the *Tony Quinn Weight Loss Programme* including the *Amino-Or* and *Amino Energise* supplements which helped me to lose the weight initially. I follow a healthy eating programme and use the gym in Eccles Street regularly. I have no problem in maintaining my physique at the lighter weight.

This is a lifestyle programme which has given me long-lasting results. In fact the energy and enthusiasm I have has spilled over into my whole life and is supporting me in other projects I am taking on.

Gerry McEntee.



**AFTER**

### SPECIAL OFFER

#### Amino-Or & Amino Energise

£39.50 (1 Month's Supply)  
£77.00 (2 Month's Supply)  
£115.00 (3 Month's Supply)

Offers valid until end of Aug '99

**Amino-Or and Amino-Energise are natural food supplements. They are amino acids, the essential building blocks of protein.**



#### Amino-Or

1 Month's Supply £14.95

#### Amino-Energise

1 Month's Supply £26.95