

# ARTHRITIS

What our customers are reporting

## Great Relief from Arthritis

I suffered badly from pain of Arthritis in my hips. I found sleeping hard but now since trying A-Rite for the last 2 months I have had great relief. Now my pain has gone down and my mobility is better. I also sleep much better.

Mary,  
Co. Kilkenny.

## A Vast Difference

I have taken pain killers and Anti-inflammatory drugs for the last 15 years. I stopped the use of these drugs in recent months and went on a course of A-Rite. Within 2 weeks I felt a vast difference in pain relief and joint mobility with no discernable side effects. Compared to the drugs I had been taking they are far superior in their effectiveness and I will continue to use A-Rite for as long is necessary.

Chris  
Co. Louth

## A-Rite Formula



A-Rite is the latest hi-tech supplement to hit the shelves of the Tony Quinn Health Stores. Its unique formulation contains glucosamine sulphate, n-Acetyl glucosamine, chondroitin sulphate, EPA, DHA, GLA, Vitamin E, Ascorbyl Palmitate and Magnesium Aspartate.  
Cost £29.95 for 90 capsules  
Special offer - 180 caps £57.00

## I have mobility I haven't had in years

My wife and I started taking A-Rite in February 1998 exactly one year ago. Initially I could barely lace my shoes and my hands could not even close. My wife was no better. I have had two hip replacements in the past and was afraid that arthri-

tis would ruin my quality of life. It took about six weeks or so using A-Rite before we noticed any effects. Then the inflammation eased and I was able to move my hand more easily. We both continued to take a moderate dose. Even now after a

year we feel terrific. I'm now enjoying greater mobility I haven't had in years and I can even bend forward and touch my toes!

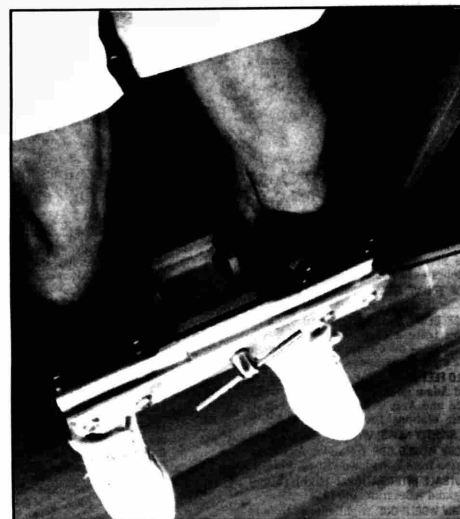
Brendan Hamill,  
Dundalk.

## I'm grateful for the supplements

I was taking 9 painkillers a day (6 red and white and 3 lemon ones). I was lame and limping and sometimes had to bring my walking stick to town with me. I called into the Tony Quinn shop and was advised by Tom about the A-Rite. I decided to try them and gradually cut down on the painkillers. I'm off them now and I'm enjoying great mobility and no pain. If I go to Dublin and chase

around shopping I might feel tired and have a slight pain in the evening, but it is just tiredness more than anything else. I also took Amino-Or™ for 3 months to lose weight and lost 2 st. 10 lbs and I feel much better as a result. I'm very grateful to Tony Quinn for these supplements and to Tom Dolan for his advice.

K.B.,  
Co. Louth.



● An alternative to pain killers?

## Is this the anti-stress vitamin?

Research indicates that a particular nutrient which is part of the B-complex range may have a surprising effect on our moods and stress levels.

Many nutritionists feel that this vitamin, taken as a supplement could be very useful to produce more energy and drive in anyone who feels that they should have more get up and go. If you feel under pressure and require more zest, drive and energy this vitamin may be the answer.

### UNIVERSITY RESEARCH

At the State University of Iowa, volunteers were given a diet adequate in all nutrients except this vitamin. They became easily upset,

discontented, depressed, irritable and quarrelsome. They also developed fatigue, headaches, rapid heartbeat, muscle cramps and continuous colds. Though sleepy they even suffered from insomnia.

### ANTI-STRESS VITAMIN

Research has shown that this vitamin protects the body in many ways during stressful situations, including maintaining blood sugar levels and preventing blood pressure from dropping. During any stress, illness, injury or trauma, when more anti-stress hormones are required, the need for this vitamin increases.

### THE 'HAPPY VITAMIN'

This 'happy' vitamin may also benefit our moods and many of our



customers report that it gives them a boost. It is available in Ireland as Pan-Tac. Taken on a daily basis it is a safe way to help combat stress.

1 month's supply £12.90  
2 months' supply £21.75