

SHAPE UP FOR THE NEW MILLENNIUM

WEIGHT LOSS What our customers are saying about our night-time and day-time weight loss formula



'The new me. I have lost over 3 stone in 3 months'

I WANT TO let people know about my success in losing over 3 stone in less than 3 months. Many people I know who are overweight wanted to know how I did it and if I had any easy answers to the problem of losing weight. There are many aspects to consider especially if you want to lose weight healthily and responsibly as I have. First of all I was on a **Tony Quinn Weight Loss Programme** which was tailor-made for me. All I can say about this is - **GO AND GET ONE!** Secondly, I took two wonderful supplements which I still take now. The first one **Amino-Energise**, I took throughout the day. It's purpose was to facilitate fat burning and increase my energy. There are a lot of myths about losing weight quickly and I've heard them all. One of these was that one can get very tired. Taking **Amino-Energise** was

fantastic in that regard. I have three children and enjoyed them much more with the great energy I had while losing the weight. Being so active during the day is great and now when the day is over I still have energy to go out and enjoy myself. I also have a brilliant nights sleep and have no trouble getting up in the morning.

The second supplement is **Amino-Or**. This is taken last thing at night after fasting for a few hours. It is useful having to fast as the night-time eating stopped. I have to say that the inches dropped off - my skin and hair condition have improved dramatically - and psychologically I find it simple compared to all the weight loss programmes I tried before. Both of these supplements are completely natural and are much better than all those drug based diet aids around. **Maire Lalor.**



Products featured are only available from

Tony Quinn Health Stores

or by Mail Order

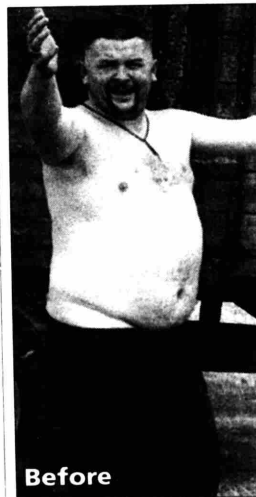
- **DUBLIN CITY** - Stephen's Green Centre, (Ground Floor),
Mon-Sat: 10am-6.30pm, Sun: 2pm-6pm, Late: Thurs 'till 8pm. Tel: (01) 478 5404.
- **DUBLIN CITY** - 67, Eccles Street, (Opp. Mater Private),
Mon-Fri: 9am-9pm, Sat: 9am-6pm. Tel: (01) 830 8588.
- **DUN LAOGHAIRE** - 96 Lr. George's Street,
Mon-Sat: 10am-6pm, Tel: (01) 280 9891.
- **RATHMINES** - 2, Wynnefield Road, (opp. ESB Office),
Mon-Sat: 10am-6.00pm. Tel: (01) 497 4234.
- **TALLAGHT** - Level 3, The Square Shopping Centre, Tallaght,
Mon-Sat: 10am-6pm, Sun 2-6pm, Late: Thurs & Fri 'till 8pm. Tel: (01) 462 1660.

BODY CONNECTIONS BEAUTY SALONS:

- **BLANCHARDSTOWN**
11 Main Street Tel: (01) 821 4984.
- **CASTLEKNOCK**
Laurel Lodge Shopping Centre Tel: (01) 820 8410.

'I've lost 64lbs and 10" off my waist'

I T IS ALMOST A YEAR NOW SINCE I reached my target weight having lost 64lbs and 10 inches off my waist. I have continued to lose bodyfat but I've also firmed up so



Before

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 St. 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

All Weight Loss letters are genuine. The originals are held in our files and can be inspected where necessary. Please note: customers are not paid for providing these testimonials. These letters may not reflect typical results as results may vary. We make no claims for these products.

All offers and prices valid until 1st December '99	Qty	Cost	No.	Total
AMINO-OR & AMINO ENERGISE (1 months supply)		£39.50		
AMINO-OR & AMINO ENERGISE (2 months supply)		£77.00		
AMINO-OR & AMINO ENERGISE (3 months supply)		£112.00		
MAIL ORDER FREEPHONE				
1800 200 101		P & P	£1.00	
		Total		

If ordering by post, please print your name & address clearly.
All orders processed and dispatched within 24 hours!

Send to:
**Tony Quinn Mail Order Dept. NW,
66 Eccles St., FREEPOST,
Dublin 7, Ireland. Dept S11.**