

WEIGHT LOSS

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



Before
Máire in Oct '98

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

IWANT 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. **Máire Lator.**



After
Máire in Dec '98

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.
- **DÚN LAOGHAIRE** - 96 Lr. George's Street,
Mon-Sat: 10am-6pm. Tel: (01) 280 9891
- **TALLAGHT** - Level 3, The Square Shopping Centre, Tallaght,
Mon-Sat: 10am-6pm, Sun 2-6pm, Late: Thurs & Fri 'till 8pm. Tel: (01) 462 1660.
- **RATHMINES** - 2, Wynnefield Road, (opp ESB Office),
Mon-Sat: 10am-6.00pm. Tel: (01) 497 4234
- **CORK** - 20, Academy Street,
Mon-Sat: 10am-6pm, Late: Tue & Fri till 9pm. Tel: (021) 276364.
- **DUNDALK** - 18, Jocelyn Street,
Mon-Fri: 9am-6pm, Sat: 9.30am to 6pm. Tel: (042) 933 8097.
- **GALWAY** - Eyre Square Shopping Centre
Mon-Fri: 10am-6.30pm, Sat: 10am-6pm, Late: Thurs & Fri 8pm. Tel: (091) 564 865.
- **KILKENNY** - Market Cross, Shopping Centre, (Ground Floor),
Mon - Sat: 10am - 6pm, Late: Thurs & Fri till 8pm. Tel: (056) 71277.
- **MULLINGAR** - Harbour Place Shopping Centre,
Mon - Sat: 10am - 6pm, Late: Thurs & Fri to 8pm, Sun: 2pm-6pm. Tel: (044) 45533.

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

IT IS NOW OVER 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.

AMINO-OR & AMINO ENERGISE (1 months supply)	Cost	No.	Total
AMINO-OR & AMINO ENERGISE (1 months supply)	£39.50		
AMINO-OR & AMINO ENERGISE (2 months supply)	£77.00		
MAIL ORDER FREEPHONE	P & P	£1.00	
1600 200 101	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.

These products are not intended as a substitute for a balanced diet.