

WEIGHT LOSS

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

ARE YOU ON A LOW CALORIE DIET TO LOSE WEIGHT?

- Vital Information That May Help -

Easy to lose weight at the beginning wasn't it? Then it got harder even when you ate less. The reason for this is that the body thinks it's starving and it slows its metabolism (rate at which it burns food) and in the process your energy and drive vanish, you feel listless and you can't be bothered.

On these diets most of the weight loss is muscle. That is why much to your dismay, you can lose weight and become flabbier at the same time. Muscle tissue is what keeps your metabolism high. One of the reasons men can generally eat more food than women without getting fat is that they have more muscle. You can avoid these problems by holding on to your muscle tissue, that's your aim, to look firmer and have less fat. An aid to this may be our products **AMINO-ENERGISE** and **AMINO-OR**.

These products are two of the best of the new breed of high-tech totally natural food supplements. The conclusion of many of our readers is that they are very helpful when it comes to maintaining muscle tone and firmness while losing the fat.



Before

'I shed 20 pounds'

AFTER 10 WEEKS ON THE TONY Quinn Weight Loss Programme I shed 20lbs. In the before photo I am 185lbs and the after photo is me at 165lbs. I did this at 53 years of age so if I can do it then anyone can.
Best wishes,
Mike O'Connor.

(Mike is a former world ranked deadlifter and is the current Irish record holder for the bench press in the over 50 age group)



After

Reduced bodyfat and increased muscle tone

IHAVE BEEN using your Amino-Energise and Amino-Or products for the past 18 months while also following the Tony Quinn Nutrition Programme. My diet is of paramount importance to my energy levels and my body's recuperation ability. Close friends and associates are surprised at the improvements in my physique over the past 18 months. I can honestly testify that using both of these products has helped me reduce bodyfat and increase muscle tone and I would unreservedly recommend them to anyone interested in a leaner and firmer physique.
Nick O'Hare, - 50 metre freestyle swimmer, 1996 Olympic Games.



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

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 in September 1997 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 Sherry.



Before



After

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

IT WAS SO EASY

THE THOUGHTS of going on a diet to lose my unwanted pounds were getting me down until I heard of Amino-Or and Amino-Energise. So I decided to try them and in one month I lost 11 lbs. This was so easy compared to any diet I had tried before. I have much more energy and I feel much better in myself.

A. Rowlands, Kilkenny.

LOST 13LBS IN FIVE WEEKS

TWO GREAT products Amino Or and Amino Energise. I have lost 13lbs in five weeks, lots of energy. Thanks a million.
B.C., Bray, Co. Wicklow.

I HAVE LOST A STONE

I HAVE taken Amino Or and Amino Energise for a month and have lost a stone. I have more energy and can work out a lot better. I found taking them a lot easier than going on a strict diet.

M. Kelly, Co. Dublin.