

'The new me. I have lost over 3 stone since October 1998'



Before
Máire in Oct '98

I WANT TO let people know about my success in losing over 3 stone since October 7th 1998. Since then 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 Lalor.**



After
Máire in Dec '98

I LOST 10 LBS

FOR THE past 2 months I have been using Amino Or and Amino Energise. I have lost 1 stone. I found it very easy and had extra energy. No dieting.
Margaret, Co. Kilkenny.

MY ENERGY IS BRILLIANT

I HAVE been taking the Amino Energise since August 1997. I have found my alertness improved dramatically, my energy is brilliant and I am getting into excellent shape with minimal exercise. I really recommend them to anyone who wants to have more energy and vitality.
Teresa, Dublin 5.

I HAVE LOST 9 LBS

I HAVE been taking Amino Or and Amino Energise for 4 weeks. I have lost 9lbs and feel great. No other diets, just them. Great energy and easier than dieting.
N. Egan, Co. Mayo.

A BIG DIFFERENCE IN MY SHAPE

I STARTED taking Amino-Or and Amino Energise as well as following a low fat diet and exercising regularly. I lost 1 stone in just 2 weeks. This really boosted my confidence and proved Amino Or and Amino Energise really did work! After 2 months I had lost 2 st. Everyone was really noticing a big difference in my shape.
A. R., Armagh.

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

IT 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.

SPECIAL OFFER

Amino-Or & Amino Energise

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

Offers valid until 28 Feb '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
2 Month's Supply ... £28.00
3 Month's Supply ... £41.50

Amino-Energise

1 Month's Supply ... £26.95
2 Month's Supply ... £52.00

Offers valid until 28 Feb '99