Clear skin & great energy?

Among the important nutrients found in our Special Liver Formula are nucleic acids, which are renowned for enhancing energy levels as well as improving skin tone and hair condition, producing an overall youthful effect. This convenient supplement is a popular choice for men and women who need to look and feel their best - particularly athletes and sportspeople seeking more energy and endurance.

'My skin dramatically improved'

Seven years ago I developed acne on both my face and back. This made me depressed, and seemed to affect my whole life in a completely negative way. I visited your store in Rathmines, where I was told to include the food supplement **SPECIAL LIVER FORMULA** and **BREWER'S YEAST POWDER.** Calcium and Magnesium tablets were added to the list. My skin began improving after the second week, and then after the fourth week my skin had dramatically improved. It is now completely clear and there is a healthy glow to my face. I feel really healthy and full of energy. I believe the change in diet and especially the Special Liver Formula helped improve my health and well-being. *Dave McGlynn*

Our Special Liver Formula is free from any additives or excipients and originates in the USA and Scandinavia.

***PRICE:* £13.95 for 1 month's Supply.**

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

Tony Quinn Health Stores

NEW STORE NOW OPEN IN TALLAGHT

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OPEN TODAY SUNDAY 3rd 2pm to 6pm

All offers and prices valid until 28th Feb '99 (NY 99)	Cost	No.	Total
AMINO-OR & AMINO ENERGISE (1 months supply)	£39.50		
AMINO-OR & AMINO ENERGISE (2 months supply)	£77.00		
AMINO-OR (1 month's supply)	£14.95		
AMINO-OR (2 months' supply)	£28.00		
AMINO-OR (3 months' supply)	£41.50		
AMINO ENERGISE (1 month's supply)	£26.95		
AMINO ENERGISE (2 month's supply)	£52.00		
BETA-GOLD & ULTRA-BRONZE (SPECIAL OFFER)	£23.50		
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ULTRA-BRONZE (1 month's supply)	£12.95		
PAN-TAC (1 month's supply)	£12.90		
PAN-TAC (2 month's supply)	£21.75		
LIFE EXTENSION MIX (157 tabs)	£34.95		
SECRETS OF LIFELONG FITNESS (Bob Delmonteque 2 video set)	£34.95		
SPECIAL LIVER FORMULA (1 Month's Supply)	£13.95		
MAIL ORDER FREEPHONE 1800 200 101 — P & P	£1.00		
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