



## BOB at 78

**B**OB DELMONTEQUE'S two video tape set 'Secret's of Life-Long Fitness' with Tony Quinn as co-presenter is now being marketed by the Joe Weider Health Company. They are also being promoted world wide through Joe's many Health and Fitness magazines including the popular 'Muscle and Fitness'. In a four page article in the January 1999 issue of Muscle and Fitness the writer declares 'Bob's decelerated ageing process has been called a miracle'. He maintains that Bob is declaring the obvious when he proclaims 'I have never been in better shape in my life'. Bob points out that these tapes have the secrets for young and old alike. While people may indeed live longer today he believes that this knowledge offers them the chance to enjoy those extra years with a robust, attractive, fully functioning body. He states that much of what people view as growing old is merely the life-style changes they make as they

■ Bob with actress Brooke Burns from Baywatch.

voluntarily succumb to aging. According to him

*'If you want to find the closest thing I can offer you to the fountain of youth here it is on these two video tapes. We give in too easily to ageing, you don't have to accept it, God gives you choices'.*

Co-presenter on these videos Tony Quinn says 'I went to interview Bob for a newspaper article and I was so impressed and inspired by him that it resulted in these videos. The man is legendary in America and deservedly so. I sincerely believe that Bob is the greatest living authority on how to be in great shape at any age. He redefines our view of ageing. This is the type of priceless knowledge that should be made available to people'.

Tapes available from all Tony Quinn Health Stores and through Mail Order - Price £34.95

## As featured on a BBC TV programme on Life Extension and Ageing

**L**IFE EXTENSION MIX is based on the findings of thousands of scientific studies on the effects of antioxidants on health and longevity. In a recent BBC TV documentary on Life Extension and Ageing some experts in the field suggested it was the most advanced product of its kind on the market today. It contains unique nutrients that are not found in any other multi-nutrient formula. There are hundreds of multi-nutrient formulas available today but none that we know of comes close in potency, scientific design and value to the unique combination of over 40 of the most powerful antioxidants, vitamins, minerals, amino-acids, vegetable and fruit extracts found in Life Extension Mix.

## Bob on Ageing

*'Free radicals are molecules produced in the body from the fats that we eat, excessive sunlight, radiation (from computers, sunbeds, photocopiers, etc.) and air pollution. They impair the function of your immune system, hasten ageing and contribute to causing heart disease, cancer, lung disease, cataracts and a variety of other illnesses'.*



*'When you reduce free radical formation I believe you may age more slowly and decrease your chances of many illnesses. Antioxidants may possibly neutralise free radicals'.*

**Bob Delmonteque N.D. Life Extension Specialist.**

Tony Quinn's Life Extension Mix is available from all Tony Quinn Health Stores and through Mail Order - price £34.95 for 6 to 8 weeks supply.

Help develop a healthy tan all year round with...

## BetaGold and UltraBronze



**I**F YOU HAVE EVER WISHED for a golden tan all year round than Beta-Gold may be the answer. When used for over 2 weeks these capsules can cause the skin to turn a light golden colour. We have found Beta-Gold capsules an ideal natural aid to a healthy tan. Beta-Gold is 100% natural extracted from plants. It is not to be confused with synthetic beta-carotene products which we do not recommend. They may be used with sunbathing or sunbeds. Beta-Gold is a natural food supplement which contains beta-carotene and other antioxidants. Research indicates that antioxidants may possibly reduce free radical formation in the body.

**M**ELANIN is the body's natural pigment which the skin uses to protect itself from excessive sunlight. A body that contains ample melanin will generally produce a much deeper tan. Tyrosine, an amino acid, has many roles in the body one of which is to become skin pigment (melanin) through the action of a special enzyme that requires the trace mineral copper.

The more of these ingredients there are in the correct amounts in the body the easier it may be to produce melanin and acquire a tan with sun exposure. Tyrosine and Copper are now available in capsule form as UltraBronze.

By taking these nutrients the body's ability to produce melanin may be enhanced.

By combining Beta-Gold and Ultra Bronze together with a little sun exposure we believe you may develop your best suntan ever. Many of our customers report that with minimum sunbathing they have achieved a deeper darker colour while avoiding over-exposure to the harmful rays of the sun.

<p>SPECIAL OFFER</p> <p><b>Beta-Gold &amp; Ultra-Bronze</b></p> <p>£23.50</p>	<p><b>Beta-Gold</b></p> <p>(6 week supply)</p> <p>£13.49</p>
	<p><b>Ultra-Bronze</b></p> <p>(1 month supply)</p> <p>£12.95</p>
<p>Offers valid until 28 Feb '99</p>	