

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



**BEFORE**

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*.

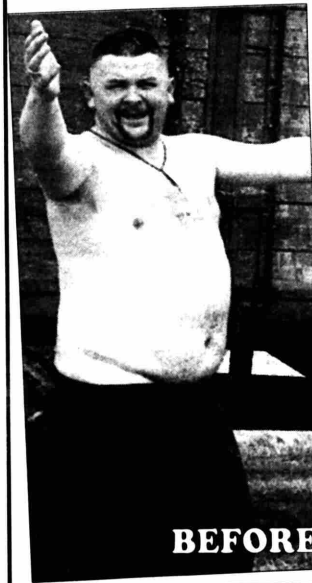
I can honestly say that I feel absolutely fantastic. I feel healthy, fit, energetic and this has given me a whole new lease of life and complete confidence with myself and my new shape.

Yvonne



**AFTER**

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



**BEFORE**

## my waist

It's over a year now since I reached my target weight having lost 64lbs and 10 inches off my waist.

I have continued to lose body fat but I've also firmed up so 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 Street 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**

# READERS' LETTERS

## It has changed my whole outlook

After many years of not eating properly my weight had finally reached 14½ stone. Not liking this and my children complaining that they could no longer get their arms around me I decided that it was time for action.

On visiting the Tony Quinn shop in Cork they recommended that I take the *Amino-Or*™ and *Amino-Energise*™ with exercise and a better diet.

Within 5 months my weight was down to 12¼ stone, I had lots more energy, was more alert and my children could now get their arms around me. I am more than delighted with the results and it has changed my whole outlook on life.

James A. Donnelly,  
Cork.

## Lost 3½ stone

Mid Feb 99, came into TQ's Stephen's Green and got started on *Amino-Or*™ and *Amino-Energise*™. I cut out the rubbish, I have lost 3½ stone and from a tight 40" waist to a loose 34" waist. I feel very fit, more energy and not as tired. I couldn't feel better.

M. Doyle.

## Down 1 dress size

I am getting married and am very anxious to lose weight for the big day. To be honest, I was not very convinced that I would lose anything but to my surprise and delight I have gone down one dress size and my skin and hair has improved greatly. I also have loads of energy and find that I am in great humour all the time. Thanks a million to all the staff at Tony Quinns.

Bridget.

## Down 2 sizes in my clothes

I have been taking *Amino-Or*™ and *Amino-Energise*™. No dieting, just eating the right food.

Bridget,  
Co. Carlow.

## 42lbs lost

I'm Irish but living in Canada and I had been using your *Amino-Or*™ product before I left Ireland two years ago, I lost 42 pounds using it. I have tried other products on the market over here, and none of them work compared to your product. Needless to say I have tried getting *Amino-Or*™ over here, but nobody sells it. I was wondering if there are any problems shipping *Amino-Or*™ to me in Canada.

Sandra.

*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.*

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