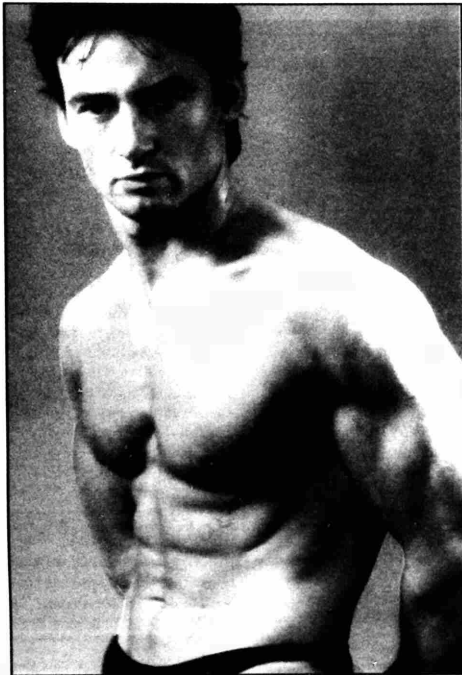


People who have used it say:

THIS MAYBE THE MOST EFFECTIVE FOOD SUPPLEMENT EVER!

IN a recent university study conducted at an American university over 4 weeks, this nutritional formula increased lean muscle tissue, reduced fat and enhanced strength and speed.

Test subjects were able to run faster, jump higher and lift heavier weights as well as lose fat and increase muscle tone (see graphs opposite). This is one example of a number of studies currently researching this nutritional formulation. Results may vary with individuals but nonetheless this is an indication of the type of results which can be obtained. Surveys in the top health and fitness magazines consistently rate this as the No. 1 product for customer satisfaction.



Dave O'Connor, Sports Nutritionist & Natural Bodybuilder

IMPROVE SPORTS PERFORMANCE

The accompanying research clearly shows an increase in dynamic strength, speed and energy production. This could have a huge impact on performance of all high intensity sports such as athletics, bodybuilding, football, swimming, rugby, basketball etc. Based on our own personal experience with this product we believe it may improve any sports-person's performance. Anecdotal reports from satisfied customers point to the fact that this formula is one of the most result-producing on the market to date.

WEIGHT LOSS

95% of weight loss programmes fail because the person loses too much lean mus-

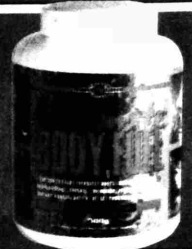
cle tissue. From the research it would appear that this product may be effective during a weight loss programme in maintaining lean body tissue while helping to burn fat.

"ULTIMATE BODY FUEL"
This unique high tech nutri-

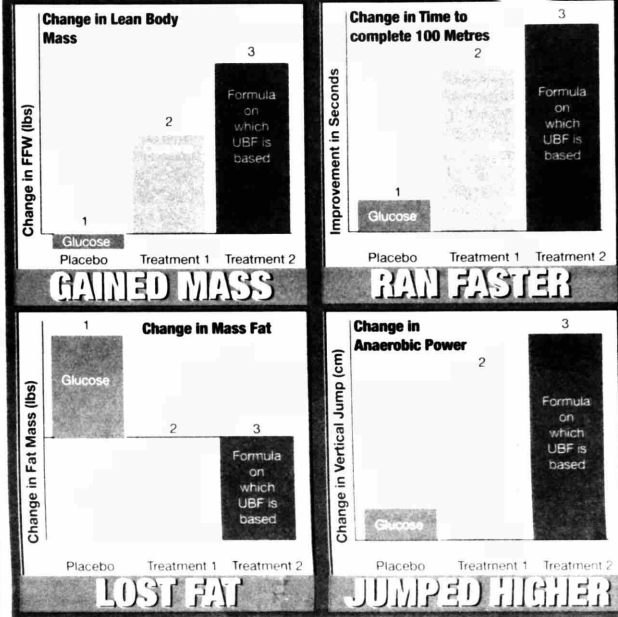
tional formulation similar to that used in the research is now available in Ireland under the name of Ultimate Body Fuel only from our Health Stores.

COST £34.95 for 1100g

NEW SCIENTIFIC STUDY SEEMS TO SHOW THAT PARTICIPANTS GOT BIGGER, STRONGER AND LEANER IN ONLY 28 DAYS.



UNIVERSITY STUDY RESULTS



GAINED MASS
RAN FASTER
LOST FAT
JUMPED HIGHER

Bodyfat and lean muscle mass of subjects were measured before and after the study, as well as:

1. Maximum strength in bench press (weight lift)
2. Top speed in a 100 metre sprint
3. Best vertical jump

This was a "blind study" where subjects were unaware of which formula they received. At the end of 4 weeks, subjects in group 3 using the new nutrition formulation gained more muscle mass than groups 1 or 2, lost more fat, could jump significantly higher and run faster.

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- BOOSTS SPORTS ENDURANCE
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Dave Tuttle
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Ray Sahelian, M.D.
Author, Los Angeles

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