

ARTHRITIS

**What our customers
are reporting..**

I've made a full recovery

Two years ago the arthritis in my left hip was so bad I was using a stick. Now after taking Chondroitin and Glucosamine I have almost perfect mobility and I am very rarely in discomfort. I'm on my way to a full recovery. Also I had a problem with sleep and since taking Night-Time Formula, I am getting a full night's sleep. I have great energy and zest for life now thanks to the Tony Quinn products.
B. C.

Soreness disappeared

Dear Tony,
I took A-Rite for a knee ligament injury and the soreness disappeared. I am pleased with the result.
Thanks.
Joe D.

Pain gone completely

I started taking A-Rite for shoulder pain and after two weeks the pain was gone completely.
Bart.



• IS THERE AN ALTERNATIVE TO JUST PAIN KILLERS?

A Vast Difference

I have taken pain killers and Anti-inflammatory drugs for the last 15 years. I stopped the use of these drugs in recent months and went on a course of A-Rite. Within 2 weeks I felt a vast difference in pain relief and joint mobility with no discernable side effects. Compared to the drugs I had been taking they are far superior in their effectiveness and I will continue to use A-Rite for as long as necessary.
Chris, Co. Louth

Pain has Gone Down

and my Mobility is Better

I suffered badly from pain of Arthritis in my hips. I found sleeping hard but now since trying A-Rite for the last 2 months I have had great relief. Now my pain has gone down and my mobility is better. I also sleep much better.
Mary, Co. Kilkenny.

I'm grateful for the supplements

I was taking 9 painkillers a day (6 red and white and 3 lemon ones). I was lame and limping and sometimes had to bring my walking stick to town with me. I called into the Tony Quinn shop and was advised by Tom about the A-Rite. I decided to try them and gradually cut down on the painkillers. I'm off them now and I'm enjoying great mobility and no pain. If I go to Dublin and chase around shopping I might feel tired and have a slight pain in the evening, but it is just tiredness more than anything else. I also took Amino-Or™ for 3 months to lose weight and lost 2 st. 10 lbs and I feel much better as a result. I'm very grateful to Tony Quinn for these supplements and to Tom Dolan for his advice.
K.B., Co. Louth.

My Mobility is 100% Better

I have used A-Rite for the last 4 months. I had very poor mobility in my left shoulder and was always in a lot of pain. Since taking A-Rite my mobility is 100% better. I can play sport and do weights with ease. I have to be honest and I tried loads of things but A-Rite has given me a quality of life that I thought I couldn't achieve.
Frank.

I can now play 18 holes

I had very poor mobility in my right knee. I started using A-Rite and after a couple of months my mobility has increased dramatically. I can now play 18 holes of golf comfortably and I don't have to mind my leg after. I tried other products but A-Rite gave me the results I wanted.
Bill, Limerick.

**A-RITE
FORMULA**



A-RITE IS THE LATEST HI-TECH SUPPLEMENT TO HIT THE SHELVES OF THE TONY QUINN HEALTH STORES.

Its unique formulation contains glucosamine sulphate, n-Acetyl glucosamine, chondroitin sulphate, EPA, DHA, GLA, Vitamin E, Ascorbyl Palmitate and Magnesium Aspartate.

Cost £29.95 for 90 capsules
SPECIAL OFFER - 100 caps £37.00

Is this the happy 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.



Pan-Tac

1 month's supply £12.99
2 months' supply £21.75