

LOSS

VITAL INFORMATION THAT MAY HELP

Easy to lose weight at the beginning wasn't it? Then it got harder even when you ate less. The reason for this is that the body thinks it's starving and it slows its metabolism (rate at which it burns food) and in the process your energy and drive vanish, you feel listless and you can't be bothered.

On these diets most of the weight loss is muscle. That is

why much to your dismay, you can lose weight and become flabbier at the same time. Muscle tissue is what keeps your metabolism high.

Food
One of the reasons men can generally eat more food than women without getting fat is that they have more muscle. You can avoid these problems by holding on to your muscle tissue. That's your aim, to

look firmer and have less fat. An aid to this may be our products Amino-Energise and Amino-Or.

These products are two of the best of the new breed of high-tech totally natural food supplements. The conclusion of many of our readers is that they are very helpful when it comes to maintaining muscle tone and firmness while losing the fat.

What our customers are saying about our night-time and day-time formula

DIDN'T CUT DOWN ON FOOD DOWN 1 DRESS SIZE

I have been using Amino-Or and Amino-Energise for the past 4 weeks didn't cut down on food and have lost 10lbs. I also found my energy levels were 100% better.

M.Lyons.

In the two months of taking the Amino-Or and the Amino-Energise I have found that I have come down a dress size, I've lost inches and feel much happier and more energetic.

Jenny.

LOST 11/2 IN TWO MONTHS

I have been taken Amino-Or and Amino-Energise for the last two months. In that time I have lost one and a half stone and my hair and skin has also got into great condition.

Linda.

EXCELLENT ENERGY AND LOST 11/2 STONE.

In two months I have lost one and a half stone on Amino-Or plus Amino-Energise. I have excellent energy and have slept extremely well. I have also firmed up.

R. Cullinan.

REDUCED ONE SIZE IN 21 DAYS

Dear Tony,
I have been taking Amino-Or and Amino-Energise for 21 days and I've dropped from size 18 to 16 and I feel great and sleep a lot better. I intend to continue.

Mrs O'Connor.

LOVE MY FOOD

I have been using Amino-Or and Amino-Energise for 1 month and have lost 1 stone in weight. I had loads of energy and didn't feel hungry at all. I didn't cut back on any of my meals which was great as I love my food.

E. Ryan, Co. Tipperary

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GET THE MAXIMUM FROM YOUR WEIGHT LOSS PROGRAMME

For those who want to accelerate fat loss we have found the combination of the supplements Amino-Or at night and Amino Energise during the day produces better results. We invite you to call into any of our stores for our free slimmers' guide.

I LOST 32 POUNDS AND 9" OFF

MY WAIST



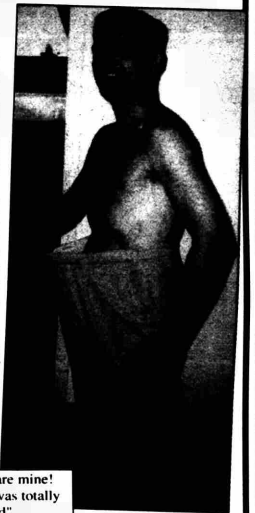
Over the past few years I noticed I was putting on weight. At the time the first picture was taken I weighed 16st 21bs and my waist was 41 inches.

I ate 3 substantial meals a day and included the Energise with each meal and the Amino-Or I took before bedtime.

Now I have lost 32lbs. and 9" off my waist. I am absolutely delighted with the results. It feels great when some of my friends don't even recognise me, and when they do the look of surprise, and they all say "You look great, what have you been doing?"

So if you want to feel and look great try these food supplements. I just can not recommend them enough. If only I knew before that it was so simple.

Paul Donnelly
Award winning hairdresser.



"Yes these pants are mine!
In three months I was totally transformed"

"I Lost Over 3 Stone"



Just over a year ago I was 3 stone over weight. Over the years I had joined 7 gyms plus a slimming club but could never get the weight off. I also tried virtually every slimming diet available. I just couldn't get results.

I joined the Tony Quinn gym and went on the programme which included exercise, diet and the supplements Amino-Or and Amino-Energise. Everything was so easy to follow. I looked and felt great and I lost the fat in all the right places. I have reduced 3 sizes in my clothes and feel just wonderful.

Bernice O'Connell
Shankill, Co. Dublin



SPECIAL OFFER

Amino-Or & Amino Energise
£39.50 (1 Month's Supply)
£77.00 (2 Month's Supply)
£112.00 (3 Month's Supply)

Offers valid until end of November '00

Amino-Or and Amino-Energise are natural food supplements. They are amino acids, the essential building blocks of protein.



All weight loss letters are genuine. The originals are held in our files and can be inspected when necessary. We do not accept any weight loss letters unless they are accompanied by a photograph of the person who has written them. This may vary from time to time.