

# WEIGHT 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 your body thinks it's starving and it slows its metabolism down 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 weight-loss formulae

**I have lost 3 stone**  
I'm using Amino Or and Amino Energise tablets for 10 months. I've lost 3 stone. I found that taking Amino Or, prevented me from getting tired at night, and Amino Energise gave me the energy to help get my energy back to normal, and lead a full life again. I recommend Amino Or and Amino Energise to anyone needing a boost in energy, and a boost in life, and a boost in weight.

**More energy and lost 12lbs**  
I have been using Amino Or and Amino Energise for one month and have lost 12 lbs. I also have much more energy and also sleeping better.  
**B. Kelly**  
**Excellent energy and dropped two sizes**  
Using Amino Or and Amino Energise for one month, I dropped two sizes in my clothes and my energy was excellent on them.

happier and confident about my appearance.  
**Helen**  
**I kept weight off**  
Weighing 11 stone 11lbs, I felt I needed to lose weight. I tried cutting down and it didn't seem to work. Your staff recommended Amino Or and Amino Energise combined with a good diet. After 5 months I had lost 2 stone, which I have kept off one year later. I would highly recommend them to anyone wanting to lose weight.  
**Bridget.**

**Now two sizes smaller**  
My daughter started using Amino Or and Amino Energise a month ago. She is now two sizes smaller in her jeans and is delighted with herself. She is now able to fit into jeans she couldn't fit into for three months. She wasn't dieting either.

**Dropped a size in my clothes**  
Eileen  
A Chara, I started to take Amino Or about 2 years ago and the Amino Energise a year ago, and found them excellent. I have found that my energy levels have increased and I feel less tired after a hectic day working. I have also dropped a size in my clothes and therefore feel a lot

**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.**

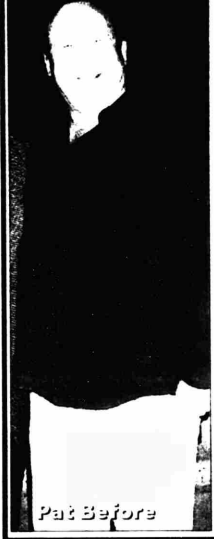
**Diet and lost 1 stone**  
I have been using Amino Or and Amino Energise for 12 months and have lost 1 stone 7lbs. I found it difficult to maintain the weight loss and I wasn't dieting and did not have to restrict my diet.

## 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.

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## How I lost 53lbs



Pat Before

In July 1999, I noticed that my weight had ballooned to 20 stone 4lbs. I have always taken refuge in the fact that as I had the proverbial "Big Bone Structure" and that I wasn't too much overweight. I joined the **Tony Quinn Gym** to embark on an exercise programme together with a very special diet. I used the supplements **Amino Energise** during the day and **Amino Or** at night. I took a conscious decision not to get on a weighing scale for a period of 6 weeks. I was put on a special workout programme and I trained 3 days per week in the gym, for an average of 15 minutes per session. Within a matter of days my clothes were beginning to fit me again. I cannot say that I stuck rigidly to the diet as I have a particular passion for desserts, red wine and the odd

**G&T.** I weighed in at 16 stone 7lbs on the 24th December 1999 and wonder what results I can now achieve, taking into account that I have decided to take this training and diet seriously. Having played sport competitively for 12 years, I have no hesitation in confirming that the training regime has given me the best results that I have ever achieved. **Amino Energise** and **Amino Or** supplements are easy to take and have given me results that I only dared to dream of. Having been fat all my life, I can only say it is the most amazing feeling to have lost 53lbs in weight and 10 years in age. Trust me when I say it is the most amazing feeling in the world.



Pat Corbett



Maire Oct '98



Maire After 3 Months



Maire 1 Year Later

**The New Me**  
This time last year my photograph appeared in this 'Blueprint' showing how I had lost over 3 stone. In the months that have passed I have continued to lose weight and live a healthier and happier lifestyle. In the course of losing this weight I have become a "new me"

and realise how vital it is to all of us, no matter how much we weigh to do the best we can for our bodies! I say to you now that if you want to dramatically improve your health and the quality of your life - go down to one of the Tony Quinn Centres - get the supplements **Amino Energise** and **Amino Or** - get the diet and get training. If you are

willing to succeed I know from experience that the people there will guide and encourage you all of the way. I did it and all that remains for me to say thank God for **Tony Quinn!!!** Here's to health and happiness in 2000!!!  
**MAIRE LALOR**

**SPECIAL OFFER**

**Amino-Or & Amino Energise**

£39.50 (1 Month's Supply)  
£77.00 (2 Month's Supply)  
£115.00 (3 Month's Supply)

Offers valid until end of March '00

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

**Amino-Or:**

1 Month's Supply £14.95

1 Month's Supply £26.95