

WEIGHT LOSS

'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 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*.

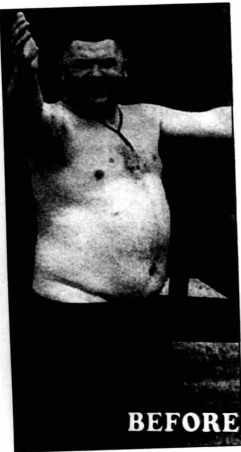
I can honestly say that I feel absolutely fantastic. I feel healthy, fit, energetic and this has given me a whole new lease of life and complete confidence with myself and my new shape.

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

VITAL INFO THAT MA

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 surprise, you can lose weight and become flabbier over time. Muscle tissue keeps your metabolism

One of the reasons generally eat most women without gain that they have more. You can avoid the by holding on to tissue. That's your firmer and have

What our customers are saying about our daytime weight loss

I have lost 3 stone

After using *Amino Or* and *Amino-Energise* tablets for 10 months, I have lost 3 stone. I found that taking *Amino Or* prevented me from eating at night, and *Amino-Energise* has given me the energy to help get the will-power to exercise, join a gym, and lead a full life again. I would recommend *Amino Or* and *Amino-Energise* to anyone needing a helping hand or a boost in life, and to lose weight.

Ann

Now two sizes smaller

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

P.B.

No Diet and lost 1 stone

I've been using *Amino Or* and *Amino-Energise* for 12 months and have lost 1 stone 7lbs. I found it easy to maintain the weight loss and I wasn't dieting and did not have to watch what I ate.

M.B.

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More energy and

I have been using *Amino Or* and *Amino-Energise* for one month, I have lost 12 lbs. I also have more energy and also sleep

B. Kelly

Excellent energy dropped two

Using *Amino Or* and *Amino-Energise* for one month, I have lost 12 lbs. I also have more energy and also sleep

Eileen

Dropped a size in

A Chara, I started to take *Amino Or* and *Amino-Energise* a year ago and the *Amino-Energise* year ago, and found that I have found that my energy has increased and I have lost 12 lbs after a hectic day work also dropped a size in

GET TONIC FROM LOSS

For those who want to lose weight we have four supplements *Amino Or* and *Amino-Energise* during the day. We are available in all stores for our