

DSS

FORMATION MAY HELP

much to your dismay, can lose weight and me flabbier at the same time. Muscle tissue is what your metabolism high. of the reasons men can't really eat more food than women without getting fat is they have more muscle. can avoid these problems by adding on to your muscle mass. That's your aim, to look fit 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.

our customers are our night-time and weight-loss formule

energy and lost 12lbs

been using Amino Or and Energise for one month and lost 12 lbs. I also have much more energy and also sleeping better.

cellent energy and dropped two sizes

Amino Or and Amino Energise one month, I dropped two sizes in my clothes and my energy level on them.

ed a size in my clothes

to take Amino Or about 2 months and the Amino Energise a month and found them excellent. I found that my energy levels increased and I feel less tired at the end of my working day. I have dropped a size in clothes and

therefore feel a lot 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.

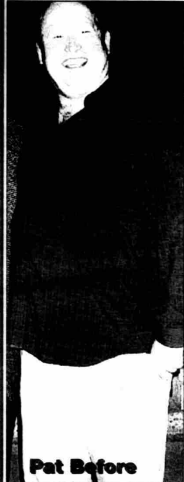
Bridget.

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.

GET THE MAXIMUM FROM YOUR WEIGHT LOSS PROGRAMME

those who want to accelerate fat loss 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 centres for our free slimmers' guide.

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 scales 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 After

Pat Corbett



Máire Oct '98



Máire After 3 Months



Máire 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)
£112.00 (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
Amino-Energise
1 Month's Supply £26.95