

WEIGHTLOSS REPORT

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.

Eileen

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.

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.

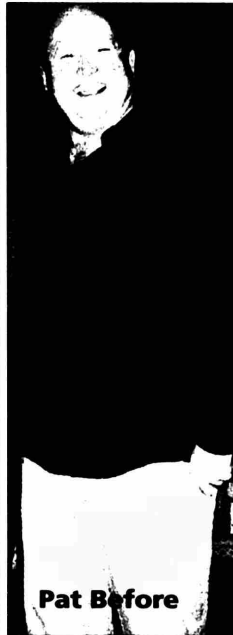
Dropped a size in my clothes

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 clothes and therefore feel a lot happier and confident about my appearance.

Helen

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.

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 pas-

sion 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



Pat After

Products featured are only available from

Tony Quinn Health Stores

or by Mail Order

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Mon-Sat: 10am-6pm, Sun: 2pm-6pm, Late: Thurs 'till 8pm.
Tel: (01) 478 5404.
- **DUBLIN CITY** - 67, Eccles Street (Opp. Mater Private),
Mon-Fri: 9am-9pm, Sat: 9am-6pm. Tel: (01) 8308588
- **DUBLIN CITY** - Jarvis Centre, Mary St. Tel: (01) 8786938
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Maire Oct '98



Maire After 3 Month



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

All offers valid until 30th June 2000

Cost No. Total

AMINO-OR & AMINO ENERGISE (1 MONTHS SUPPLY) £39.50

AMINO-OR & AMINO ENERGISE (2 MONTHS SUPPLY) £77.00

MAIL ORDER FREEPHONE

1800 200 101

P&P
TOTAL

£1.00

If ordering by post, please print your name and address clearly.
All orders processed and dispatched within 24 hours.

Send to:

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