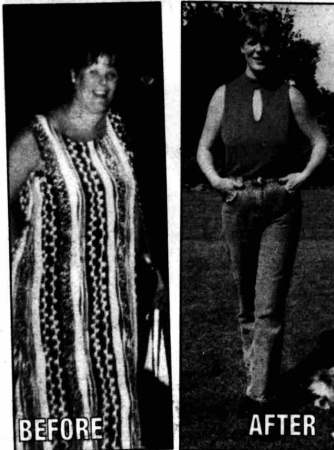


WEIGHT LOSS

"I Lost 4 stone and I have lots of Energy."

DECEMBER 29th I got on the Scales at home and I was 19 stone I decided to go on a diet but I could not stick to it as I was hungry all the time and I had no energy at all. I am a chef and my job demands that I have energy. I stuck on crash diets and lost about two stone but still had no energy. So in April I read about Tony Quinn and I said I would try these tablets. When I got home I said to myself I will be twice as fat because you eat 3 meals a day and on other diets I was not. When I started taking them I was 17stone now 28 August; 00 I am 12 1/2 stone. I have loads of energy I can even do sit up's and 10 press up's I can't believe it. I would recommend them to anybody young and old alike my target is to get to 10 1/2 stone and I am determined to reach this by Christmas and I will not stop taking it. It is a new me and a new food plan for life. Thanks Tony Quinn. Lisa Mc Coy. Co Meath.



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"I've lost 64lbs and 10" off my waist"

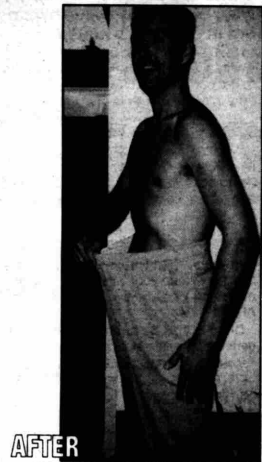
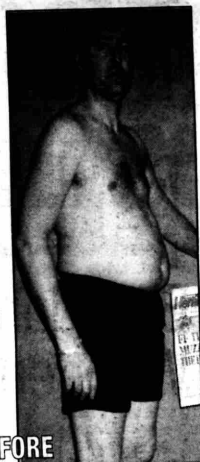


IT'S over a year now since I reached my target weight having lost 64lbs and 10 inches off my waist. I have continued to lose body fat but I've also firmed up so that I've taken on a more tapered shape. I have continued to use the Tony Quinn Weight Loss Programme including the Amino-Or and Amino-Energise 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.



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.

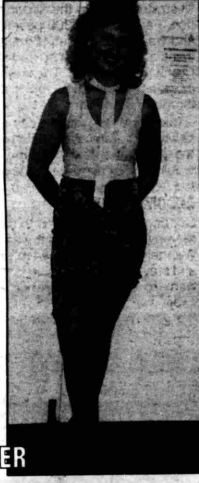


BEFORE AFTER
"Yes these pants are mine! In three months I was totally transformed"

"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 went on the Tony Quinn weight loss 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. Bernie O'Connell, Shankill, Co. Dublin



BEFORE
DIDN'T CUT DOWN ON FOOD

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.

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

SPECIAL OFFER
Amino-Or & Amino Energise
£40.50 (1 Month's Supply)
£78.50 (2 Month's Supply)
£114.00 (3 Month's Supply)
Offers valid until end of August '01

All weight loss letters are genuine. The originals are held on 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.

These products are only available from Tony Quinn Health Stores or through mail order. Cost £40.50 for 1 month's supply. Tel. Orders to 01-8305859

Tony Quinn Health Stores are located in the following shopping centres

Stephens Green. (01) 478 5404	96 Lz. Georges St.
Jervis Centre. (01) 878 6938	Dun Loughaire. (01) 280 9891
The Square, Tallaght. (01) 462 1660	2 Wynnfield Rd.,
Blanchardstown Centre. (01) 824 3198	Rathmines. (01) 497 4234
Marchants Quay, Cork. (021) 427 0377	67 Eccles St., Dublin 7. (01) 830 8588
Arbuthnot Quay, Limerick. (061) 440 013	18 Jocelyn St., Dundalk. (042) 933 8097
MarketCross, Kilkenny. (056) 712 77	20 Academy St., Cork. (021) 427 6364
Eye Square, Galway. (091) 564 865	

If ordering by mail, include your full name and address Post to: Tony Quinn Mail Order 67 Eccles St. Dublin 7

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. These products are recommended as part of a calorie controlled diet