

#### We have found:

Beta-Gold capsules an ideal natural aid to a healthy tan which will obtain good results for many of those who use them.

### **Skin Protection:**

Research indicates 3 capsules daily may help to give some protection against UV skin damage.

### **Other Health Benefits:**

Beta-Gold also contains provitamin A, a useful nutrient which your body converts to vitamin A - but only in the amount it requires, so you can't take too much. Large-

scale studies seem to prove that this proviamin may actually help protect the body against disease. Free radicals are, like thei name suggests, little terrorists that go around snatching electrons from health cells causing cellular damage which leads to wrinkling, loss of elasticity i.e. premature ageing.

to winkling, loss or elasticity i.e. premature ageing.
The good news, however, is that we can help the body dispose of its free radicals. Certain foods, vitamins and minerals seem to combat or destroy these scavengers. Among these are Vitamin C, Vitamin E, Selenium and the form of provitamin A as found in Beta-Gold. This is why it may help safeguard your health while allowing you to tan.



# Fair skin and tanning supplememts

Most fair-skinned people who find it difficult to develop a tan may be lacking in metanin. Metanin is your body's natural brown pigment which the skin uses to protect itself from sumlight. A body that contains ample metalinu will generally produce a much desper tan. This pigment is said to be produced by using two of the body's natural ingredients:

1. L-Tyrosine, an amino acid

Naturally, the more of these ingredients in the correct amount within the body the easier it is to produce melanin. It would seem that by taking these nutrients the body's ability to produce melanin may be enhanced. Can be used by all sidn types.

Tyrosine and Copper are now available in tablet form as Ultra Bronze Capsules.

These tanning supplements can work

well, for many of us, producing a far deeper and safer tan than normal

Many redheads and fair-skinned people who have never had a tan in their lives were able to achieve a colour for the very first time by using our products. Everyone did not achieve the depth of a tan of a naturally dark-skinned person, but allowing for their genetic back-ground (which is generally lacking in melanit) the results were very positive.

BETA-GOLD (6 Week supply) £13.95 ULTRA-BRONZE (1month's supply) £13.95 SPECIAL OFFER BETA-GOLD & ULTRA BRONZE £25.00

## **OFFERS VALID UNTIL END JULY 2001**

Tony Quinn Health Stores are located in the following shopping centres.

Stephens Green: 4785404 Jervis Centre: 8786938 The Square, Tallaght: 4621660 Blanchardstown Centre: 8243198 Merchants Quay, Cork: 021 427377 Arthurs Quay, Limerick: 061 440013 MarketCross, Kilenny: 056 71277 Harbour Place, Mullingar Eyre Square, Galway: 091 564865 Also Main St. locations: 96 Lr. Georges St., Dun Loaghaire: 2809891 Rathmines: 4974234 67 Eccles St,D7: 8308588 Jocelyn St,Dundalk: 042 9338097 Academy St, Cork: 021 4276364



in ordering by mail, include your ful
name and address Post to:
Tony Quinn Mail Order 67 Eccles St
Dublin7
NAME:
ADDDECC.

If ordering by mail include your ful

TEL: