

WEIGHT LOSS

I had tried virtually every slimming diet



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



"I Lost 5 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; I am 12½ 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 10½ 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.



How I Lost Over 3 Stone in 12 weeks



"THE new me! I have lost over 3 stone. I want to let people know about my success in losing over 3 stone since October 7th. Since then many people I know who are overweight wanted to know how I did it and if I had any easy answers to the problem of losing weight. There are many aspects to consider, especially if you want to lose weight healthy and responsibly as I have. First of all I was on a Tony Quinn Weight Loss Programme which was tailor-made for me. All I can say about this is-Go and get one! Secondly, I took two wonderful supplements

which I still take now. Energy The first one, Amino-Energise, I took throughout the day. Its purpose was to facilitate fat-burning and increase my energy. There are a lot of myths about losing weight quickly and I've heard them all. One of these was that one can get very tired. Taking Amino-Energise was fantastic in that regard. I have three children and enjoyed them much more with the great

energy I had while losing the weight. Being so active during the day is great and now when the day is over I still have energy to go out and enjoy myself. I also have a brilliant night's sleep and have no trouble getting up in the morning. The second supplement is Amino-Or. This is taken last thing at night after fasting for a few hours. It is useful having to fast as the night time eating stopped.

Marie Lalor

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

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