

# WEIGHT LOSS

**I lost 64lbs and 10" off my waist**

**How I lost over 3 stone in 12 weeks**



**BEFORE**  
I have lost 4st. 8lbs. (64lbs) in total. I've dropped 10" from my waist and 5 sizes in clothes. In the process I have uncovered a whole new attitude, I have a more optimistic attitude with greater self belief, ambition and lots more energy. Gerry

**I had tried virtually every slimming diet**



**BEFORE**  
Just over a year ago I was a stone overweight. 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 & Amino Energise. Everything was so easy to follow. I looked and felt



**AFTER 12 MONTHS**  
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



**BEFORE**  
I lost over 3 stone since October 7th. I also have a brilliant nights sleep and have no trouble getting up in the morning. I have to say that the inches dropped off, my skin and hair condition have improved dramatically and psychologically I find it simple compared to all the weight loss programmes I tried before. Maire Lalor

**I lost 5 stone and I have lots of energy**



**BEFORE**  
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.

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, unlike other diets I had been on. When I started taking them I was 17 stone. Now, August 28th, I am 12 1/2 stone. I have loads of energy, and can even do sit-ups and 10 press-ups. I can't believe it! I would recommend them to



**AFTER**  
MAIRE CONTINUES TO KEEP THE WEIGHT OFF 1 YEAR LATER



**AFTER 12 MONTHS**  
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 them. It is a new me and a new food plan for life. Thanks Tony Quinn!  
Lisa McCoy

## "I LOST 44 POUNDS AND MY ENERGY LEVELS ZOOMED"



I first took the Amino-Or 3 months after my son was born. I was 13 stone 11 pounds. I took them for 2 months. My energy levels zoomed. I flew out for my walk first thing every morning. By June, I was down to 10 stone 9 pounds.

Deborah Jennings, Tramore, Co Waterford.



## "I LOST OVER 6 STONE AND MY MOTHER LOST 9 1/2 STONE"

I was 6 stone overweight since I was 14. My mother was on the Tony Quinn products and when I saw the great results she was getting, I decided to give it a go. The fat just melted off week by week and my body got firmer. My aunt and uncles were shocked and people I met on the street did not recognise me at all. The diet was easy. I never felt hungry. I was taking Amino-Or and the protein shake which tasted delicious. My mother lost 9 1/2 and a half stone and I have lost over 6 stone. This has made a huge difference to my confidence. Now we both have a whole new life.

Margaret Sheridan



## "I WAS TRANSFORMING RIGHT BEFORE MY EYES"



For almost 20 years I have been struggling with my weight.

Whenever I lost weight I would regain almost twice what I had lost. Just over a year ago I became aware of Tony Quinn weight loss supplements. I weighed 21 stone. I started using Amino-Or at night and the 90+ protein drink during the day, where much to my amazement the results started to happen immediately. My energy increased and the inches started to go in all around me, where my clothes were starting to hang off me. As the months went on I was transforming right before my own eyes. People were noticing the dramatic change in me. Now just over a year later I have lost 9 1/2 stone, where I am like a new person.

ADA SHERIDAN



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### SPECIAL OFFER Weight-Loss Formula

€63.00 (1 Month's Supply) +€3 P&P  
€165.00 (3 Month's Supply) +€3 P&P  
€310.00 (6 Month's Supply) +€3 P&P  
Offers valid until end of May '06

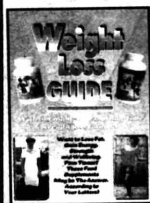
All weight loss letters are genuine. The originals are held on our files and can be inspected where necessary. Please note: Customers are not paid for providing these testimonials. These letters may not reflect typical results as results may vary. We make no claims for these products.

These products are only available from Tony Quinn Health Stores or through mail order. Cost €63.00 for 1 months supply. Tel. Orders to 01-8305859

Tony Quinn Health Stores are located in the following shopping centres

- |                        |               |                                 |               |
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If ordering by mail, include your full name and address  
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Tony Quinn Mail  
Order 67 Eccles St. Dublin 7  
Plus €3 Post and Packaging



### WEIGHT LOSS, BE IN YOUR BEST SHAPE

These unique Weight Loss products have been available for over 20 years. This programme has often worked for a large number of individuals where traditional slimming diets failed. Our emphasis has always been on fat loss while at the same time toning and firming up. In other words shaping up rather than just trying to lose weight on the scale.

If you are truly interested in being in your best shape, we urge you to visit any of our branches and pick up a free copy of our Weight Loss Guide.