



Imagine 31 pounds of butter

That's how much body fat Ashika Shah lost with our weight loss system



I was just fed up with not being able to wear the clothes I wanted! I changed my diet and introduced supplements, and took up Tony's system of weight training.

My absolute top supplement was Amino-Or which I took every day. With that I took Amino Energise and Liver Formula which gave me loads of energy throughout the day.

→ Ashika Shah



More of our latest and greatest WEIGHT LOSS results!

25/1/06

I have lost one stone and gone down one size in my clothes. My belt size has gone down four holes. Thank you.

→ Ekrem

31/1/06

After the birth of my third child (by C-section) I felt completely overwhelmed a the thought of trying to lose the 3 1/2 stone I had gained during the pregnancy. As with my previous 2 children once the baby was 6 mths old I started exercising gently and following what I felt was a healthy eating plan however 8 weeks later I had lost only a few pounds and put it all back up at all.

I went into my local T.O. Shop and bought a supply of Amino-Or and Energise and got some simple informative advice on my diet. Four mths later, I have lost just under 2 stone but have dropped from a size 18 to a size 14/12! I feel fantastic and really motivated to lose the final 20 pounds needed to get into my favourite pre-pregnancy size 10 jeans!

→ R McK Louth

1/2/06

I find Amino Energise and Amino-Or fantastic. It not only increases my energy levels. It has helped me shed 2 stone 10lbs. and given me muscle tone that I never thought possible. I use these products as part of a low GI controlled eating plan and feel 10 years younger. Can't praise it enough.

→ Liz Woods

31/1/06

I started on Amino-Or and Amino Energise in March a few years ago and the weight flew off. I felt a complete different person, more energy with a complete (TOTAL) changed outlook on life. Friends told me that I looked great, it's hard to imagine but I was so overweight I had difficulty walking, and the most simplest of tasks, tying shoelaces and putting on socks.

Amino-Or and Energise is there for everyone and I strongly recommend that people take it if needed.

→ Mrs. C Dundalk

AMINO-OR & AMINO ENERGISE WEIGHT LOSS PACK NATIONWIDE MAIL ORDER 1 800 200 101

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LIMERICK Arthurs Quay GC (opp. Tesco), 061 440013
KILKENNY Market Cross GC, 056 7771277
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DUNDALK 19 Jocelyn St., 042 933 8097

DUBLIN REGION
67 Eccles St. (opp. Mater Private) 01 850 8588
ILAC Centre 01 873 6337
Jervis St. Centre 01 878 6938
St. Stephen's Green Centre 01 478 5404

The Square (lv.3), Tallaght 01 452 1660
Dun Laoghaire 95 Lwr. Georges St. 01 280 9891
Blanchardstown GC (lv.2) 01 824 3193
Swords Pavilions GC 01 890 3360