

# PORTION CONTROL

## 7" SINGLES

Raise The Pulse/Bite My Head	Illuminated	ILL 26	??/84
The Great Divide/Total Recall	Rhythmic/Havoc	7RMIC 7	??/85
STANSTED: Blood Rushed To Head/Blood Rushed To Dub/Chew You To Bits(Rebuild)/Chew You To Bits Dubbed	Portion Control	?	05/05
[limited edition picture disc]			

## 12" SINGLES

Surface And Be Seen/Spinola(Blotch)/Terror Leads To Better Days/Simple As ABC/Monstrous Bulk/He Is A Barbarian	In Phaze	PORCON 006	??/82
[with plastic outer sleeve]			
Raise The Pulse/Collapse/Bite My Head	Illuminated	ILL 2612	??/84
Rough Justice/The Man Who Did Backwards Somersaults	Illuminated	ILL 3212	??/84
Go Talk/Upside Down/Drag Down	Illuminated	ILL 4312	??/85
The Great Divide/Divided/Bolt It Down	Rhythmic/Havoc	12RMIC 7	??/85
The Great Divide(Julian Mendelsohn Remix)/Divided/ Bolt It Down	Rhythmic/Havoc	12RMICX 7	??/85
PRESENT PURGE EP:	Dead Man's Curve	DMC 1	??/86

## ALBUMS

HIT THE PULSE(mini)	In Phaze	EZ 2	??/83
STEP FORWARD	Illuminated	JAMS 44	??/84
SIMULATE SENSUAL	In Phaze	PHA 5	??/85
[clear vinyl with insert]			
PSYCHO BOD SAVES THE WORLD	Dead Man's Curve	DMC 8	??/86

## COMPACT DISCS

THE MAN WHO DID BACKWARDS			
SOMERSAULTS(compilation)	T.E.Q. Music?	TEQM 94003	11/94
WELL COME(double)	Portion Control	?	05/04
ARCHIVE	Portion Control	CODE001-005	05/05
[limited edition five CD box set (1000 copies only)]			
ARCHIVE	Portion Control	CODE001-005	06/08
[limited edition reissue four CD + one DVD box set (1000 copies only)]			
FILTHY WHITE GUY	Portion Control	PORCON 03	11/06
SLUG	Portion Control	0918	06/08
[limited edition 6 panel digi-pack CD (1000 copies only)]			
SLUG	Portion Control	?	06/08
STANSTEAD	?	?	??/??
[with bonus DVD]			
CROP(double, compilation)	Sigsaly Transmissions?		06/09
WITNESS	Sigsaly Transmissions?		??/09

## IMPORTANT OTHER RELEASES

DINING ON THE FRESH: Better Place/Wippy Dippy			
Dappy Do/Untitled/Sweetjulia(New Version)	In Phaze	?	??/81
[mail order cassette with stickered envelope, 7" flexi-disc, three posters, pin badge and balloon]			
Across The Fence/All Of My Time	In Phaze	?	??/81

[7" flexi-disc originally with DINING ON THE FRESH mail order cassette]

ASSAULT

For All And None

ALL 1

??/??

## IMPORTANT UK PROMOS

ONION FREAK IV

Portion Control

PORCON 2007

??/07

[promo CDR with printed insert]

## SEE ALSO

Solar Enemy

## OTHER INFORMATION

The following were due to be released in 1995 on the T.E.Q. Music? label but I don't think they were ever manufactured/released:

STEP FORWARD	T.E.Q. Music?	TEQM 95006	??/95
PSYCHO-BOD SAVES THE WORLD	T.E.Q. Music?	TEQM 95007	??/95
HIT THE PULSE	T.E.Q. Music?	TEQM 95008	??/95
I STAGGERED MENTALLY	T.E.Q. Music?	TEQM 95009	??/95
THE SINGLES	T.E.Q. Music?	TEQM 95010	??/95
SIMULATE SENSUAL +	T.E.Q. Music?	TEQM 95012	??/95
ASSAULT	T.E.Q. Music?	TEQM 95013	??/95

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Last updated on 08/06/2009 09:02

Do you have corrections and/or additions to this discography? Email: [discog@cybernoise.com](mailto:discog@cybernoise.com)

World Wide Web: <http://www.cybernoise.com/>

Rarities/Second Hand for sale/trade: <http://www.cybernoise.com/mocyber.htm>