You both wrong infact.

The 4670 is a great power saver, it's only needs 50-60w at full load, doesn't even have a power cable, so you can get away with a low power PSU, remember it's not always about how much wattage the PSU has but the voltage and how the rails are setup.

Through more power is always good.

Currently am using two HIS IceQ Turbo 4670s in CFX using a Antec EW 380w PSU.

This is one of the main reasons I brought these cards for my PC.