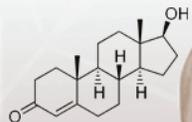


AnaSCI Newsletter



Anabolic Science

anabolic steroid . nutrition . fitness discussion

SUPPLEMENT REVIEW

by Elvial023

REAL NUTRITION COMPANY REAL-PRO WHEY PROTEIN

There are thousands of protein products sold in the current market. Most of them are pretty much the same and are useful for the bodybuilder, athlete or fitness enthusiast. Real Nutrition whey is no different but it does have one rare quality as each serving comes in it's own sachet. Nothing radical but I think this is useful for when a bodybuilder is traveling especially abroad. I have taken this away on my last holiday and they are a convenient method of protein supplementation. Moreover this product could be useful for people during work who are unable to carry a tub around as they can fit into your pocket.

Through Research I found out the Real Nutrition Company are actually formed from the management team that used to work for EAS. They have been working with the same production team and nutritionists that developed the EAS range in Europe. In fact the Real-Pro whey is actually an improved version of MyoPro whey.

I am sure I am not the only one who has bought a protein product and it simply didn't sit well in my stomach. Even some whey isolate only products for whatever reason have caused me discomfort. This could be due to false label claims or simply an ingredient that my body doesn't process efficiently. The real nutrition whey isn't anything fancy and it's main ingredient is listed as low temperature ultra filtrated whey protein concentrate (whey isolate is listed second). However when using I suffer no negative side effects such as stomach pain, flatulence or bloat even after using 3 sachets at one time (57g protein). Each sachet contains 19g protein, 4g bcaa's (2:1:1), 2.6g glutamine and 1.7g Carbs. Following I will score the product in key areas I think protein supplements should be judged:

* Effectiveness (4/5)- An excellent product that does what it states without giving me any negative sides. It provides a decent amount of bcaa's and glutamine for my goals. Although at 19g protein per sachet it's too low for 1 serving for me and I would require 2 sachets per serving for my muscle building/repair goals.

* Taste (5/5)- It comes in 3 flavors (chocolate, strawberry cream and vanilla cream). An added benefit of the sachets is that you get the option of picking a variety pack so you get 10 of each. They all tasted nice and it was good to be able to mix flavors throughout the day.

* Mix-ability (5/5)- Each 25g sachet only needs to be mixed with 125ml of water so it can be taken like a shot. I prefer to use more water but regardless of the amount it mixes instantly using a standard protein shaker with no clumps.

* Value for Money (2/5)- This is the only area this product scores low on. You only get a small amount of protein powder for the price you pay. One of the main factors with the price will be the individual packaging. As highlighted above there are only 19g protein per sachet and depending upon goals that may not be enough. So if 2 sachets are used per serving the box doesn't last as long (comes in 16, 30, 74 and 84 sachets per box).



Continued on page 3

HEALTH WATCH



by Jim550

Maintain a healthier life-style while pursuing your goals in and out of the sport.

CHOLESTEROL & TRIGLYCERIDES

This month I wanted to talk about cholesterol and triglycerides as it is a topic that can be of great concern in our community and I also believe it is something that is overlooked by many lifters. Cholesterol in many cases gets a bad rap and is not fully understood by many, so this article will help to educate exactly what cholesterol and triglyceride roles are in our body and ways to improve these numbers.

What are triglycerides and cholesterol? Triglycerides and cholesterol are both lipids which are carried together through our bloodstreams by proteins known as lipoproteins. Triglycerides are the storage form of fat in your body and provide energy for your cells. High triglycerides increase the risk of heart disease and are associated with low HDL and high LDL. Cholesterol can be broken down into two types of lipoproteins, HDL (high-density lipoprotein aka "good" cholesterol) and LDL (low-density lipoproteins aka "bad" cholesterol). Most of the cholesterol in your body is made by your body and is critical for the formation of hormones (like testosterone), and is necessary for creating bile which is critical for the digestion of fat.

Many people when discussing cholesterol talk about total cholesterol when instead what should be the topic of discussion are the individual cholesterol numbers and ratios. One could have a high total cholesterol number but it could be due to having a higher HDL which in reality this person is perfectly healthy. HDL is cardio-protective and carries cholesterol back to the liver where the liver disposes of it. LDL is often referred to as the bad cholesterol and very high levels are associated with heart disease but it is most likely the issue that drives up the LDL and not the cholesterol itself. The other thing that is important with LDL is the particle size; the smaller more dense LDL particles make heart disease worse. High triglycerides drive up small dense LDL particles. Visceral fat (belly fat) is more inflammatory and is the most dangerous type of fat. Lower inflammation has also been associated with lower triglyceride levels. Another factor in heart disease is the oxidation of the LDL, the longer the LDL floats around in the blood without being used the more free-radical damage occurs and this is where anti-oxidants can play an important role.

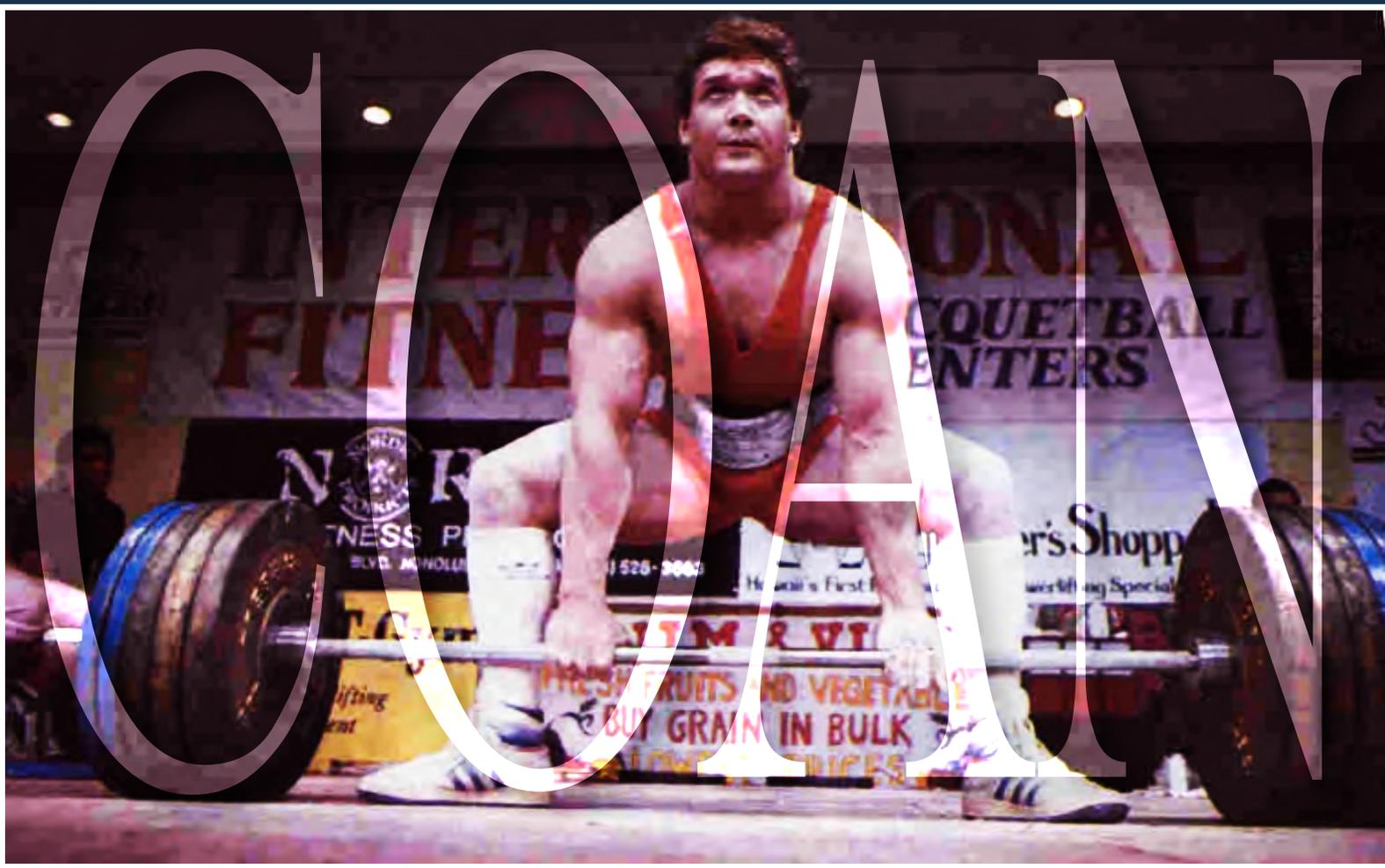
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The AnaSCI Newsletter is dedicated to the "Guru" Dan Duchaine. It has been created in the image of his Dirty Dieting Newsletters. Without pioneers like Dan we would never have ventured as far as we have in the bodybuilding and anabolic science world. Respect and thanks must be given.



ED COAN POWERLIFTING EXCELLENCE

This month we visit with one of the most iconic stars in the history of powerlifting.

Anasci: Good morning Mr Coan.

EC: Good morning. No Mr necessary . I am just one of the guys in the gym.

Anasci: All of those that train here know that but many people outside that don't know you personally do not know what a laid back humble guy Ed Coan is . I noticed a young man in the gym earlier this morning almost speechless seeing you here doing your thing. He did not know you trained here. How does it feel when you get a young guy new to the sport approaching you with the "hello Mr Coan It's an honor to meet you?"

EC: Ah shit I'm just one of the guys in the gym . It's nice but at the same time I'm just Ed here .

Anasci: well I know personally as well as others here do that you are always helpful and approachable . The vast majority here know to let a person get his session in before asking advice and so on ...Ed you have trained around the greatest lifters in the world and you have been regarded by many myself included as the greatest power lifter in the history of the sport. If we take Ed coan out of the equation what lifter or lifters do you consider the greatest?

EC: Oh man there are so may stand out greats over the years from Gene Bell to Lamar Gant. The list of greats is long . If I had to narrow it down to a few personel picks I would say . The great Hideaki Inaba: 17 consecutive world championships 535 squat,265 bench press, 525 deadlift,1297 total @114 Raw ! First to squat 4x bodywt. 1st to total 10x bodywt. The man trained alone in his back yard with mostly home made equipment. Inaba was truly a great amongst greats. I looked up to him as a great competitor as a young lifter coming in the sport. Still do . Inaba was on another level.

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PAGE #2



DiscussWorldIssues
Socio-Economic Religion and Political Uncensored Debate



PAGE #2



chemical conversions

TESTOSTERONE PROPIONATE

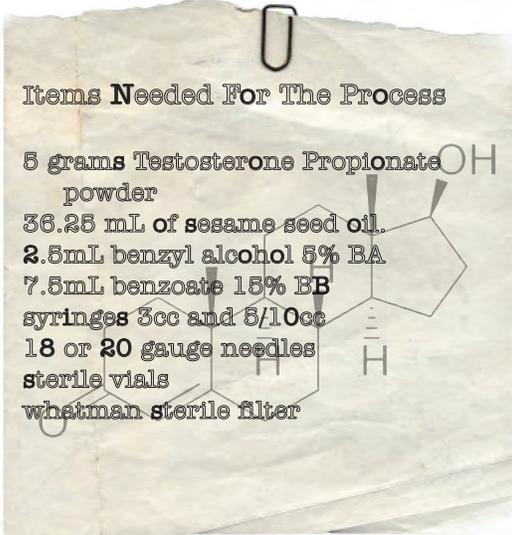
PLEASE NOTE: Anasci.org, its staff, its members or its newsletter contributors do not condone the possession, use, manufacture or sale of any illegal substances. These articles and interviews are intended for entertainments and informational purposes only! Anasci.org holds no responsibility for how the reader chooses to use this information.

In this issue of the AnaSCI Newsletter we will be focusing on injectable Testosterone Propionate. This process will produce 50ml of 100mg/ml. sterile solution for injection.

- STEP #1: Measure 5 grams of powder
- STEP #2: Place the powder in the vial.
- STEP #3: Add BA to the vial.
- STEP #4: Add BB to the vial
- STEP #5: Heat the oil in a suitable container in the oven to a minimum of 212 degrees F to sterilize it (it will likely be necessary to use slightly more oil than listed as you will not be able to utilize all of it)
- STEP #6 Add the oil to the vial but save 2 ml of oil in the syringe for later.
- STEP #7 Gently shake the vial.
- STEP #8 Reheat the mixture if necessary by placing the vial in a frying pan and place it on the eye of the stove.
- STEP #9 Place an 18 or 20 gauge needle in the sterile vial and attach the whatman sterile filter.
- STEP #10 Place another needle in the sterile vial to relieve the pressure.
- STEP #11 Draw out the solution with a syringe and run it through the whatman filter.
- STEP #12 Take the other syringe with 2ml of oil (saved previously) and run it through the whatman filter into the solution.

Items Needed For The Process

- 5 grams Testosterone Propionate powder
- 36.25 mL of sesame seed oil.
- 2.5mL benzyl alcohol 5% BA
- 7.5mL benzoate 15% BB
- syringes 3cc and 5/10cc
- 18 or 20 gauge needles
- sterile vials
- whatman sterile filter



HEALTH WATCH

Continued from page 1

Two important ratios for us to be concerned with are the ratio of LDL to HDL and the ratio of triglycerides to HDL. The LDL to HDL ratio shows us how much cholesterol is being produced and moved out to our body compared to the amount that is returned to our liver for disposal, this can show if the LDL is being oxidized. The ideal ratio is 2.5:1. High triglycerides and low HDL levels both increase risk of heart disease so the lower the ratio the better and a high ratio can also be a sign of insulin resistance. Recent studies have shown this ratio to be the best predictor of cardiac events. The optimal ratio is 1:1 or less, low risk 2:1, moderate risk 3:1, high risk 4:1.

I'm sure every single one of us has heard that saturated fats increase your cholesterol, don't eat eggs, bacon, red meat, etc. These statements have been thrown around by the mainstream and media for years. The truth of the matter is that saturated fats can be very healthy for our bodies and the biggest concern lies with processed carbohydrates, especially sugar which creates smaller, denser LDL. Saturated fats actually cause LDL particles to become large and fluffy which seem to have no effect on heart disease. An excessive amount of carbohydrates is what drives up triglyceride levels as well. HDL is affected so much by carbohydrates that researchers are now using HDL to determine how many carbohydrates one consumes, the higher the carbohydrates the lower HDL levels tends to be.

While eliminating or limiting the amount of processed carbohydrates and sugar is a critical step in improving your cholesterol and triglyceride levels there are several other lifestyle changes that will also aid in improving your levels. Eating lean protein in every meal will help with inflammation by slowing the rate at which our blood sugar increases after meals. Eating the amount of carbohydrates that keep your blood glucose levels in a healthy range 80-84mg/dL is important and levels above 90 is an indication of insulin resistance starting. Taking Omega-3s and getting plenty from your diet will go a long way in improving your levels, a recent study when subjects with high triglycerides took 4 grams a day their levels decreased by 37%. Regular exercise increases HDL and lowers LDL and triglycerides but overtraining can also damage your levels and increase inflammation. Limiting your alcohol consumption will also improve your levels. Light to moderate alcohol intake has been shown to lower cardiovascular risks, while higher intake will negatively impact your levels and slows down our body's handling fat ability.

motivation



AnaSCI Anabolic Science  **Uncensored Hardcore Bodybuilding**

 ENGAGE  WATCH  FOLLOW

SUPPLEMENT REVIEW

Continued from page 1

REAL NUTRITION COMPANY REAL-PRO WHEY PROTEIN

Overall I completely recommend this product for anyone needing a good protein supplement. It provides a quality source of protein that would only help towards muscle growth and repair. It offers something different to most protein supplements and is excellent for carrying around. It is expensive so I would this product for travelling or at work and not as my main protein powder. Incidentally the company also offers a muscle build shake (sachets) I think would be great too. It has supposedly replaced the old EAS Myoplex. That contains 40g protein, 8g bcaa's, 20g Carbs, 5g creatine, 6g glutamine and 25 vitamins and minerals. I think the sachets are especially good for that product as it's an all in one. When those products come in tubs the ratio of ingredients you get per scoop will not be exact especially with added creatine, glutamine, vitamins and minerals. I am going away this July and the hotel has a good gym so I may try that out for when I go away.

CONSPIRACIES with Lex

DRUG WAR CONSPIRACY?...You DECIDE

Why isn't Marijuana legalized? I'll tell you why...MONEY. It's thought that if the US legalized MJ we would take approximately 50% of the Mexican Cartel income away overnight. I wonder how many people wouldn't be in prison.....about 41,000 people. There are about 800,000 arrests a year in the US for MJ (81% of those arrests were for possession). Think about how many LE jobs that pays for. Think about how many prison dollars that brings in. How effective is the billions of dollars we the taxpayer shell out for the drug war? What a JOKE, yea it's so hard to find MJ or any other drug you want on the street. Anyone over the age of 10 can buy weed. I wonder how many millions of dollars the government would make taxing the sale of legalized MJ, my bet is whatever that amount it's not enough.

ED COAN - POWERLIFTING EXCELLENCE

Continued from page 2

EC: Next up Larry Pacifico comes to mind. (9 straight IPF world championships 71-79). Larry was an incredible lifter. A true great.....

Anasci: what brought you to powerlifting?

EC: I was a smaller guy in High school. I weighed about 100lbs soaking wet. I thought I was too small for the football team so I wrestled at 98lbs. I was pretty stoked when I worked out and ate getting up to 114. I thought I was huge and I guess compared to 98lbs I was ... laughing.. I then did a bodybuilding show at age 16 . I did not fare so well. One day I was watching worlds strongest man on abc wide world of sports . Well kaz was on fire . Pure strength insanity! That was it! I knew strength sports is where I wanted to spend my time . Specifically powerlifting. It was the one for me. Seemed like everything I trained and attempted just went up. Powerlifting was home....

Anasci: wow very inspiring. You found it and in the end basically owned it!

EC: Well I wouldn't say owned it but did well.

Anasci: Many top stars in other sports would do well to experience Ed's humble laid back personality. Very cool guy...

Anasci: Ed who are some of the lifters that you were close with?

EC: Well I have many really good friends from powerlifting . One that really stands out is the late great Doug Furnas . Doug left us on march 2nd 2012. He was 52 yrs old . Doug was a best friend and training partner. He had parkinsons. Doug was a rodeo rider prior to his great powerlifting career. After powerlifting Doug had a great pro wrestling career. He had a huge following in Japan.

Anasci: Man, I remember when you guys were partnered up . What a great training combo!

EC: Yes, Doug was a fierce competitor. He is missed by all that knew him .

He was heavily involved in mentoring troubled youth. He and wife ran a ranch

For helping youths. The man lived life to it's fullest!

Anasci: That is very inspiring. Great to hear of a man giving back to the world with kindness. You must have so many great memories.

EC: Oh man you bet!

Anasci: I remember those huge quads on Doug . Looked very powerful.

EC: Oh believe me those legs were bad!! . Doug at a fairly heavy body wt could drop into full splits with ease. He could do perfect back flips no problem ! That is some explosive strength!.

Guy was so flexible!

Anasci: I'm smiling listening to Ed. Talk about a smile and twinkle in the eyes !

Eddy any other lifting friends, pards you want to mention?

EC: Well so many great people over so many years.

Let's see..... Kirk Karwoski! What a guy and what dynamite lifter. Super cool guy that you Could not help but like . Great guy ! There are so many great friends over the years . Those guys are two that stand out ..

Anasci: Priceless memories! Great stuff to hear.

Anasci: What is your nationality"(s)

EC: Pretty much pure Irish with maybe a little German thrown in .

That's where my stubborn ways come from (laughing).

Anasci: Any other athletes in the family?

EC: Nope just me....

Anasci: You have a couple vicious dogs for body guards right?

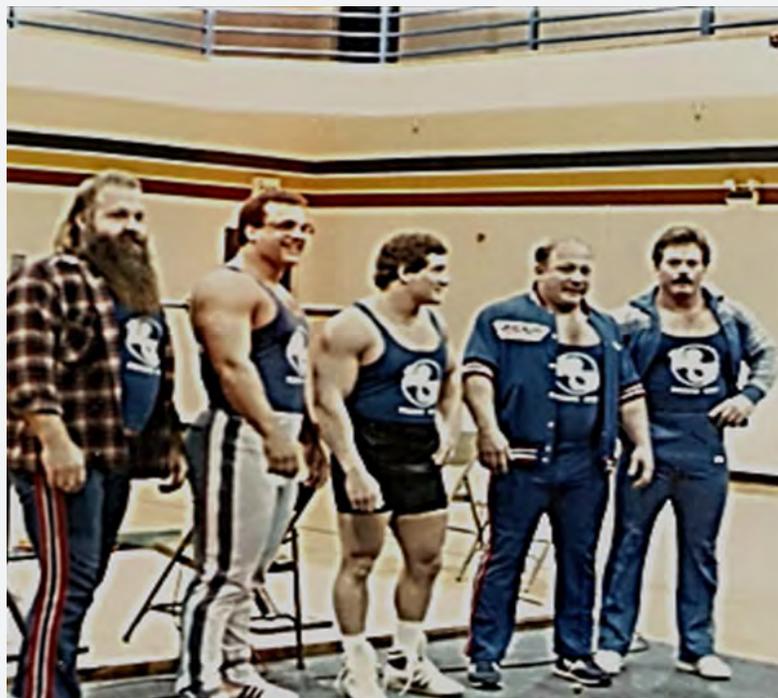
EC: Smiling – yeah my two yorkies . My little pals...

Anasci: Ed You underwent hip joint replacement last year. How are things progressing?

EC: Well I took 617 squat for a raw double. I'm being cautious.

Anasci: Any goals or numbers you'd like to get back to?

EC: A raw 700lb squat and deadlift will suffice.



Left to right. Doyle Kenady, Doug Furnas, Ed Coan, DR. Fred Hatfield. Jeff Magruder. Powerlifting at it's best!!

Continued on page 5

HowToDoInjections.com



Uncensored
Hardcore
Bodybuilding

ED COAN - POWERLIFTING EXCELLENCE

continued from page 4

I know I could go bigger numbers but 700 on those lifts will satisfy me.

Anasci: Laughing- oh is that it!? Those are great numbers
Anasci: Ed there so much material out there covering your illustrious Career. Any favorites?

EC: I appreciate all of them . The current (June) issue of muscles and fitness features myself alongside Muhammad Ali, Randy Couture, Bill Kazmaier, and Arnold ..

Anasci: Very Cool! Congrats I'm going to grab a copy .

Anything new outside of powerlifting for you Ed?

EC: Yes . I'm into JKD . It's a personal defense style of fight training.

There is no actual organized fights of this style. It involves using techniques to "neutralize" aggressors. There is weapon training involved with JKD as well. I train with my good friend Mike Van Beek . Mike is an expert JKD practioneer and can be contacted through Quads gym Calumet city Illinois. Or just google MikeVan Beek JKD.

Anasci: Sounds very interesting. Anasci has many members involved in various defense /fighting disciplines.

Anasci: A few tips for aspiring powerlifters and bodybuilders ?

EC: 1 Don't overtrain

2. If it hurts don't do it. Find a way around pain indictive of causing injury/damage.

3. A perfect rep EVERY rep! Like a machine.

Anasci: Thanks Ed.

Ed This has been an honor and privilege to talk with you. The staff of Anasci and it's members /readers thank you.

EC: Hey no problem . Thanks to all of you..

Ed Coan:12 world championships 12national Championships.
 Countless national and world records.

For appearances , seminars , training etc Contact Ed at strengthinc.com.

Note: Very inspirational site!

Ed Trains at the great facility Quads gym Calumet city , IL...

Thanks Quads gym . Moe and D Hadi..



One of dozens of Magazine covers for Ed Coan.....



Mr Coan has moved some mighty training poundage right here. He is the pride of Chicagoland powerlifters and Quads gym.... Rightfully so

anasci recipe of the month

MilburnCreek owner of the restaurant, The Ceilidh House, takes us into his kitchen. In this issue MC will be preparing:

Moroccan Lamb Tangine

This dish is not for the faint of heart when it comes to cooking: it takes two days (one to prepare, and one to cook) - but it is delicious and worth learning to do right. If you're not crazy about the unique taste of lamb, this dish is for you: the spices change the taste considerably. And if you're looking for enormous quantities of calories, you can hardly do better than this. As pictured, the Lamb Tangine is in the foreground of the plate, with side dishes of roasted root vegetables and a salad filling out the plate. Nutritional Content refers only to the Moroccan Lamb Tangine.

Ingredients (grouped for cooking)

3 lbs cubed lean Lamb meat
 2 cups Olive Oil
 Ras el hanout mixture (see below)

2 T. Coconut Oil
 2 large chopped Onions
 8 crushed Garlic cloves
 1 teaspoon ground cinnamon

4 cups of no-salt, no-MSG pure Chicken stock
 1 Cup White Wine

1 Cup chopped dried Apricots
 1 Cup chopped dried pitless Plums
 1 Cup chopped dried pitless Dates
 1 Cup Dry Roasted Almonds, each chopped in half
 1/2 cup Honey
 1 teaspoon cinnamon
 2 Large peeled, chopped carrots

1/2 cup chopped fresh leaf Parsley
 2 boxes Pearl Couscous (Roasted Garlic and Olive Oil flavor is best. Use PEARL couscous, not the smaller-grained varieties. Each box Ras el hanout mixture (Arabic for "Top Shelf"):

1 teaspoon each of the following: Sea Salt, Smoked Paprika, ground Cumin seed, ground Ginger, ground Cloves, ground Allspice, ground Nutmeg, ground tumeric, ground Coriander, ground Rosemary (NOT leaves!), and White Pepper;
 2 teaspoons of Paprika;
 4 teaspoons ground Cinnamon

Day One: Preparation

- 1) Cube lamb meat (one and a half-inch cubes), trimming away most fat. Place in a gallon resealable plastic bag. Mix Ras el hanout spice mixture, and add the spice mixture and 2 cups of Olive oil to the meat bag. Massage and mix thoroughly. Refrigerate overnight.
- 2) Chop the apricots, dates, plums and almonds, place in a single bag together. Set on a room-temperature shelf overnight.
- 3) Chop carrots, place in covered container, and put in refrigerator.

Continued on Page 8

SCAMMER RECOGNITION



AnaSCI would like to take this time to recognize some of the scammers/rats of the industry. For a complete list of the various scammers/rats of the bodybuilding world check out www.ANASCI.org.

PLEASE NOTE: Sponsors are always offering SUBSTANTIAL rewards for more information on the person(s) residing at these addresses. If you have any info pertaining to any of the scammers/rats listed please contact us and we will place you in contact with the appropriate individual(s).

Darwin Roman
240 Lynn Drive
Franklin Lakes, NJ 07417
201-891-2459

Brad Lewis
Po box 533
Waimanalo, HI 96795

Nicholas Berger
84-23 Cuthbert Rd. #5
Ken Gardens, New York 11415

Wesley Morrow
52 Bradley Street
Lugoff, S.C. 29078

Cody Dancho
613 Law St.
Bishopville, S.C. 29010

PLEASE NOTED SPONSORS IF YOU HAVE ANY SCAMMERS/RATS YOU WOULD LIKE TO HAVE ADDED TO OUR RECOGNITION LIST PLEASE CONTACT US AT ANASCI SECURE@YAH.NET AND WE WILL BE SURE TO GIVE THEM THE CREDIT THEY DESERVE!

DEALING WITH INJURIES

DAMN!

You are having one of those good days in the gym. Your training has been going great, the weight you're using has been increasing, you're making good progress and then it happens. Absolutely no warning at all... that dreaded "pop", or "crunch" sensation, or just a sudden sharp pain. You've just injured yourself. You are pissed, bummed and maybe hurting at the same time. Injuries are just part of the weight scene from time to time. I've known many bodybuilders and powerlifters over the years and I have to say most of them have had to deal with some sort of injury at some point in their training career. Now, it's happened to you, now what?

STOP!

First, I'll state the obvious. Stop! Don't try to train "through it". I have been guilty in the past of not wanting to walk away from a good training session and if I thought I could get around what I just injured, I would. Don't. You are risking making the injury worse. The pump, training endorphins, anabolics can all mask the severity of an injury to a certain degree. It's not worth the risk. It's better to be safe than sorry in these cases.

EVALUATION

Your priority is now to determine the severity of what just happened. Is there any obvious deformity in the muscle, or joint? Swelling can happen too but that can take a while to manifest itself. Bruising takes a while as well. All these are indications you just zapped yourself pretty good. Was the pain in the joint or in the muscle belly? How does your pain rate on a scale of 1-10? Sharp or just a dull ache? Does it hurt to move the affected area? Pain can be a bit tricky as well. I have actually had a total rupture of my patella tendon and I had NO pain when it happened. I figured it was because ligament or tendon are very fibrous with little or no nerve endings I did have big swelling that started about 1 hour after the injury happened. I'm sure you are familiar with the term "RICE", rest, ice, compression, and elevation. Immediately after your injury is a good time to implement this. I have used ice or cold packs at the gym before after an incident, not even waiting to get home. The sooner the better. I have also learned that after the pump is gone and my body has "cooled down", I get a better picture of how bad the injury is. Hours after the incident or the next morning will help complete the picture of how serious this is. Is it a little sore or you can barely move the injured area and now you have swelling and bruising?

REPAIR

The severity of an injury can cover a broad spectrum. It can be a simple muscle pull, or as has happened to me, be much more serious... it can be a total tendon rupture. It's up to the individual to determine whether you should get medical attention based on your symptoms. In doubt, I suggest, have it looked at by a sports doctor. I prefer sports ortho clinics because they are oriented to athletes. Doctors in these settings understand the athletes mindset. You want someone who is on your side and understands your passion for training. Obviously, if it is a serious injury, you want it repaired with the goal of regaining your previous level of performance. A sprain or mild muscle tear is one matter; tendon ruptures and broken bone spurs are another.

HEALING

Once you have addressed how severe your injury is and you have had it repaired, if necessary, the next step is the healing process. A simple muscle pull make only take a few days of rest to let it heal. If you required surgery for a tendon tear it will take many weeks and probably some physical therapy. It's one thing to be out of the gym for a few days, it's another to be out for possibly months. The bottom line is we want to do whatever gets us back to 100%. This is where staying strong mentally and keeping a positive attitude will help. Stay smart and stay focused on that day when you are back to your pre-injury level. If you can walk, go for a walk. If you can train upper body while the knees heal, train upper body. Keeping busy and your mind occupied will help the time pass faster while your body heals. You want to keep your metabolism in high gear too. Keep moving to the extent that you can. It goes without saying that a healthy, hi-protein diet is extremely important too. Now is not the time to get sloppy with the diet just because you are not training as intensely. Your body needs those extra nutrients to complete the repairs. I also think keeping your GH/IGF levels healthy will help tremendously. There have been good reviews with some peptides as well. Do everything to keep your healing process as optimal as possible.

I'M BACK!

So if an injury happens to you, it's not the end of the world. It's a bump in your road. It's a war injury. These things happen. How you handle this unexpected event separates the serious trainers from the weekend warriors. You will be back but it takes some patience and a good plan to get yourself there. Ultimately, you will be back in the gym training and making gains... and maybe, just maybe, a little smarter and a little more experienced.

Continued on page 8

www.ProWristStraps.com

FEATURED HARDCORE GYM

ATLAS GYM II - KENOSHA, WI.



This issue the featured hardcore gym features a great training facility Atlas Gym II in Kenosha, WI.

Atlas gym II is midway between Chicago and Milwaukee in southeastern Wisconsin. I spent many years training with my pals Rhett Bobzien and main man Dino Ianni at Atlas and variations of.. This gym has been around for 30+ years. Started as the body shop in the early 80's . Atlas II came about when a natural gas leak in adjacent city owned property exploded turning the city property to matchsticks and jarring the old Atlas building from it's foundation. The gym building was a total loss.

From the ashes Atlas II has risen and it is the best Atlas yet.

Anasci: Good afternoon Rhett. This place is awesome!

Rhett Bobzien: Thanks . Good to see you.

Anasci: As I walk through Atlas gym II I feel that old iron head "wind up" grabbing me. This place is a strong man , power lifter, or bodybuilders dream! They have it all covered. Tons of heavy iron , dumbbells kettle bells chains bands Etc. Rhett has a prowler ready for pulling . There are so many specialty bars and pieces of equipment with stronger, bigger, and faster in mind.

I have trained all around the USA and can tell you when I'm here it is home away from home.

There is a long rich history in the iron sports at Atlas gym II. Many excellent power lifters Bodybuilders and strongman competitors call Atlas home base. Rhett Bobzien is himself an accomplished strength athlete. A former power lifter and professional wrestler Rhett is a multi time highland games winner and masters highland games world championships 3rd place. . I recall seeing Rhett pause mid 500's bench press at age 19 in basically a shirt that gave as much assistance as a singlet. He was Bull strong while still in high school.

Mono lift on the way soon!!!!

Atlas Gym II powerlifting team is headed up by my old roomie Hugh Perone. Atlas gym II team coming off several wins in their latest meet. Hugh is one knowledgeable guy in the sport of powerlifting . Hugh set me up on a basic bench squat and dead cycle way back in the early 80's that were very effective and yielded great results. Good dude that Hugh.. My old friend Dino Ianni (ladys man) opens the gym at 4 am weekdays. Dino is a very effective and knowledgeable trainer. This is one of the most fun serious gyms I've had the good fortune to train in. Lot's of supportive freindship at AtlasII. The Bears Packers rivalry is off the hook with Rhett and Dino the resident Bears freaks with a couple of Vikes guys in the mix too. Just a blast to train here.

If traveling in the Chicago Milwaukee area and you need a "real gym" for your training needs look this gym up. You won't be disappointed!

Atlas2 Pump , sweat, achieve!
For training info Email RhettBobzien@yahoo.com
Phone(262)652-4994.. 3415 80th street. Kenosha, Wis,...

Thanks to Rhett Bobzien for a look into this issues hardcore training facility

ATLASGYM 2



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APETITE STIMULATOR

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LIVER AIDS & B 12

HUMAN KYNOLINE

PURE WPI

anasci recipe of the month

Continued from page 5

Day Two: Cooking

- 1) Sauté chopped onions, crushed garlic cloves, and 1 t. cinnamon in Coconut Oil in a soup pot over medium heat for 10 minutes.
- 2) Add Meat/Spice/Oil mixture, squeezing out all ingredients from the bag, stir and cook over medium heat 5 minutes until meat is seared.
- 3) Add Chicken stock and wine, and bring to a boil. Once it has reached boiling, cover pot and turn heat down to simmer. Cook 90 minutes, stirring occasionally.
- 4) Add Dried Fruit/Almond mixture, Honey, Carrots, and 1 teaspoon cinnamon. Uncover, and turn heat up to medium-high. Cook for 30 minutes, stirring occasionally.
- 5) While stew is cooking, prepare boxed pearl Couscous according to box directions (this is usually simply boiling the couscous in water and olive oil and possibly adding a pre-made spice packet)

Plating

Spoon some finished couscous onto plate. Using a slotted spoon, spoon Stew mixture over couscous. Add 2 tablespoons of "juice" from the stew pot on top, and then sprinkle chopped parsley on top of that.

Makes 6 large servings.

Nutritional Information

Amount Per Serving (based on 6 servings)

Calories 1,133.3
Total Fat 51.5g
Saturated Fat 9g
Polyunsaturated Fat 10.5g
Monounsaturated Fat 32g

Cholesterol 152.2mg
Sodium 989.9mg
Potassium 1,645mg

Total Carbohydrate 97.6g
Dietary Fiber 11.3g
Sugars 45.6g

protein 62.6g

Vitamin A 111.6%
Vitamin b-12 103.2%
Vitamin B-6 36.5%
Vitamin C 25.8%
Vitamin D 0%
Vitamin E 80.4%
Calcium 19.1%
Copper 40.5%
Folate 24.1%
Iron 50.5%
Magnesium 40.1%
Manganese 81.5%
Niacin 91%
Pantothenic Acid 20%
Phosphorus 65%
Riboflavin 56.7%
Selenium 82.6%
Thiamin 29.2%
Zinc 73.8%



editors notes

AnaSCI would like to take this opportunity to thank all of those that contributed to the making of this issue of the newsletter:

Supplement Review:
by: Elvia1023

Health Watch-Cholesterol:
by: Jim550

Ed Coan Interview:
by: AnaSCI Staff

Chemical Conversions:
by: powders101

Conspiracies:
by: Lex

AnaSCI Recipes:
by: MilburnCreek

Dealing With Injuries:
by: thebrick

Featured Gym:
by: AnaSCI Staff

Suppliers Corner
by: the renegade
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**SUPPLIERS
CORNER** **Q&A**
WITH **THE RENEGADE**



AN INTERVIEW WITH
I-V GEAR

SUPPLIERS CORNER

Q&A

WITH
THE

RENEGADE



AN INTERVIEW WITH I-V GEAR

Heys guys, Im back once again ith a new interview fresah and raw ready to kick off the summer season. I know last month i took a little break to discuss the different types of scammer and what to watch out for but fuck it, with all the scumbags running around our community trying to rip us off for our hard earned money, I thought it would be best to shine a little light on thier silly sad sack asses so that hopefully if any of you meat monkeys ever run into any of these fucksticks, you will know exactly what to look out for. I know a majority of the older guys that have been around the block one or 100 times know what to look out for, but some of these young noobs, still wet behind the ears want thier gear and come hell or high water they will get it but they are too raw to know the difference. If any of you noobs saved a little bit of money I will write down my address where you gusy can send a little donation to as a show of gratitude. I take check, money orders, and cash. Hell I ca even process credit cards. (Hey what can I cay, Im an entrepreneur.)

Anyway, this month and next month we will be back to the grind. We have a great 2 part interview lined up with one great source. He provides the community with great products are quite possibly the lowest or at the very least tied for the lowest prices I have ever seen. Usually low prices are a sign of a rip off scam but this dude has been around so long and has so many happy customers that its legit. Legit, cheap, and good. Music to a bodybuilder's ears. This month I present to you Iso-Vet. I found him to be quite engaging and might I say down right funny. he doesnt hold shit back which I can relate to. This is one of my favorite interviews I have done. Lets get it rolling.....

Renegade: IV, thanks for taking the time to talk to me bro. I know your busy. I read your threads on Anasci and your one of the busiest guys I have seen in a long while. With good reason too. Thanks for taking the time out of your day to do this interview. I know the meat monkey's will love to read this.

IV: Hey brother, no problem. Im glad to do it. I read your interviews every month and I love them so when you asked me to do this I didn't even give it a second thought.

Renegade: Like all the other sources I interview, i know you can't reveal everything you do but I know the readers will like to get a glimpse into your daily workings and how things are run at IV.

IV: hey brother, like I said..Im pretty much an open book. What you see or hear with me is what you get. I dont BS or pull punches. I'm a pretty stright shooter. I'll be more than happy to answer any questions you have provided they aren't private or the answer would not incriminate me or get me into any kind of trouble.

Renegade: Hell no bro. I wouldn't expect you to do that. I'm not gonna put you out on front street. We need more good sources like you brother. I read yoru feedback threads and gys absolutely love you and your shit. There are only a few good sources left. We as a community need to do everything in our power to protect the good ones.

IV: Thanks brother.

Renegade: The question I like to start off every source I interview is "How did you get started?" People generally like to know the reasons why.

IV: Well, I have been at this a while and like most sources I started as just a regular lifter paying high prices for gear. I've always been a guy that has tried to lower my own costs so like alot of sources who start out, I just wanted to get free gear for myself. So I came across a guy in my gym who introduced me to mexican steroids. Up until that time I was using nothing but human grade, getting it from guys in my gym who would pretty much ass rape me on prices. i was young and dumb and didnt know any better. Hell the first time I ever saw a vial of gear... I remember it like it was yesterday. It was the summer of 1999. I met a guy at my gym who wasn't a bodybuilder but just a really big dude. About 5'10" and somewhere north of 250. I remember him curling 225 for a set of 4 and just being in awe. So me being me, I eventually struck uo a conversation with him and as the days and weeks went by we actually became good friends. Then one day out of the blue he asked me where I got my supply, and up until that point our conversations had never progressed to that level but just basic steroid talk. Being dumb and not even thinking about LE I told him I didnt even use, and he laughed. Right in my face. Told him that I always wanted to try it but never had the chance. So he took me to the locker room and out of his bag he pulled out a bottle of schein test cypionate. I remeber taking it in my hand and i swear to god it was like a scene from Indiana Jones and The Raiders of the Lost Ark. I thought I had found the monkey head from the begining of the movie. Just the sight of the vial and allthe potential it had inside made me giddy.....until i heard the fukcing price he wanted and then that snapped me back to reality. \$250 for a vial.

Renegade: 250...? As in two hundred and fifty bucks....for one vial? Shit I know gym prices are high but god damn!!!

IV: I know...and I paid it too.

Renegade: You really were young a dumb.

IV: naieve and naieve can be. I didnt know shit from shine-ola about the price of gear. All I knew is that if i poked myself in the ass, ate like a horse and lifted everyday I would get big. Thats all I was thinking about.

Renegade: So what...you bought just the one bottle? Nothing else? No deca, no eq, no pct?

IV: I was 19. I didn't have two lousy nickels to run together much less have any money to buy anything else.

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SUPPLIERS CORNER

Q&A

WITH
THE

RENEGADE



I-V GEAR

AN INTERVIEW WITH

Renegade: So what did you do take 1mL a week for 10 weeks?

IV: yep. and I gained 15 pounds too. Went from a sloppy 185 to 200. I was hooked from then on. And then i eventually met a guy who would get shit from Mexico and I started getting my cycles from him he had more access to more things and he was alot cheaper but not by much. Charging \$100 for a lousy bottle of Brovel test and \$150 for the Norandren Deca. Still alot of money by todays standards but still half of what I was paying originally.

Renegade: So Let me guess....you wanting to bring your costs down thought of the idea to sell to your buddies to get yours for free?

IV: Funny how great minds think alike.

Renegade: I think this is like the standard M.O. for sources to get involved into the dealing side. Start using and then sell to buddies and then graduate to a larger scale to make actual income.

IV: Well think about it brother. Who in the hell wakes up one morning and just decides to sell gear for a living?

Renegade: I'm sure there are some someplace with that background story. I hope to run into one someday. That would make for hell of a story.

IV: or comedy...or tragedy. if you just wake up one morning as a teenager and decide to start slinging as a career goal you have some serious problems.

Renegade: isn't this your full time job now? lets be real here...with the kind of biz you're doing it would almost have to be. All these people knocking on your door when would you have time to do anything else?

IV: Actually I have a day job. Its okay. It pays the bills but its not like Im swimming in money from it. If I had to rely on it and only it I would get by but not much else. In my field you dont get paid much.. you do it more because you love it not because you get rich from it.

Renegade: What exactly do you do for a "real" job?

IV: I would tell you but since this is the internet and you never know who is reading this i would prefer to keep that to myself to keep more anonymous than most.

Renegade: I understand, but still? what.. do you work at the local car wash?

IV: ha...no I dont scrub dirt from grandma's buick. Although I'd probably make more money doing that at my day job.

Renegade: Okay so you got a new source that gets stuff from mexico..and you decide to charge your buddies to get your's for free. How long did that last before you graduated to the next level?

IV: It wasnt long. By that time I had found the internet and I knew a few guys and we would get things online and directly from mexico.

Renegade: So you made trips to mexico?

IV: Every once in a while... and let me tell you. I have some wild stories from Mexico. But that would possibly incriminate me.

Renegade: C'mon dude you cant even share a little bit about mexico?

IV: I'm about 99% positive 3/4th's of the people reading this don't even know mexico used to be roid heaven until it got shut down.

Renegade: yeah alot of these noobs are young and wouldn't even remember anything like that at all. Still give us one small little nugget of a story.

IV: Okay.. well I remeber my 2nd time going down there to get my own stuff. I was rolling down there with a buddy of mine who i had met in the gym and had been going to laredo to get his gear. But this time he wanted to go to nogales because he had a buddy there who he said could get the things across the border and we wouldn't have to do it. So we drive from where we were living all the way down to Arizona. I remember thinking how long that ride was. God that drive sucked ass. For the noobs this day and age who have the internet and all the sources at the click of a mouse ..they have no idea how easy they have it compared to when I was young. Anyway we get to nogales and I remember going across the border for the first time and seeing this gigantic sign with a gum and a red cross going through it and it said that if you bring guns into mexico they will throw you in jail for 10 years. I remember thinking that it was mexico and mexico was supposed to be drugs and cartels and the wild west type of shit. Why the hell would they care about guns. So anyway we get to the border crossing into mexico and if you have never been to mexico, the mexicans have a border crossing station that the pull random people over and search thier car. With the amount of people crossing everyday no way did I think we would get stopped.

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SUPPLIERS CORNER

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IV: So we pull into a lane and wait out turn to cross and BAM...a red light and no sooner than that light turned red a little mexican border guard...I swaer not more than 3 feet tall pops out of his midget chair and runs to our car and tells us to pull over...ell tried to tell us. he did more pointing than speaking. So I asked my buddy what the hell was going on and he told me that they pull people over to search thier cars. Since we were in his car I asked him if he had anything and he said no. So the mexican motion us to get out of the car and one of the guards who speaks broken english asked us if we had any guns in the car. I said no...and my buddy didnt say a word. So they open the trunk and start to look through our bags. All of a sudden one agent pops his head up and yells to the other guards and like 5 of them come running. All of a sudden two guards grab me and grab him and throw us up to the passenger doors of the car. The little midget guards walk up to us and he has what looks like a glock in his hand. He holds it up by the barrel and waves it at us and starts yelling in spanish.

Renegade: Holy shit so your buddy had a gun in the car and didn't tell you...?

IV: Well it sure looked like that at that moment. I looked over at him and said " WTF dude. I thought you said you didn't have a gun?" And he looked at me and told me it was a pellet gun not a real one.

Renegade: Wait...are you telling me..that the mexican cops mistakes a pellet gun for a real one?

IV: Oh yeah and it gets better. The little midget guard comes up to me and starts to scream in my face like its my gun. He's waving that shit around by the grip and I have no idea if its loaded with pellets but at point blank range that woill still sting like amother fucker if his ass pulls the trigger so he is waving it around and here I am trying to move out of the way of the barrell because Im thinking if this fool doesn something stupid I could get hit. In the mean time Im telling my friend to tell them its a pellet gun not a real one. He kpet looking at me and saying " Do I look like I speak spanish? The only spanish i know is yo quiero taco bell!" And when he said that the other guards came up to him and slapped him across the face. I guess they were taking this seriously and they thought he asked them to go get him taco bell.

Renegade: Holy Shit..(laughing). Holy shit could you imagine. Some mexican coming across the US border witha gun and getting caught and the border agent yelling at him and the only thing he says to the agent is " I want some taco bell?" (laughing). God that would be funny.

IV: Well thats what it sounded like except my buddy was talking me. Its funny now when you look back on it but trust me at that time nobody was laughing. So anyway we stading there with these mexican yelling in our faces and the little midget guard waving the pellet gun until one of the other guards noticed the barrell of the gun was different than a regular hand gun barrell and said something to the midget guard. The little midget stopped and looked at the barrell and realized it wasnt a real gun. When he looked at it closer and realized it was a pellet gun he had ths dumbfounded look on his face. So he points the gun in the air and starts pulling the trigger shooting off rounds and making thay yelling sound mexican make when they get excited.

Renegade: Are you shitting me? Like that yell from the movies?

IV: Yep..same one. Brother..I couldn't make this stuff up if i tried. At the time Im just standing there looking at him yelling and shooting the gun in the air thinking to myself " what the fuck is going on?" I turned to my buddy and asked him what the hell was going on and he just looked at me a shook his head that he didnt know. So finally the little midget guard calms down and walks up to my buddy and hands him back the gun and points to the car and then points for us to leave. He mumbled something in spanish while his was pointing but I didnt speak spanish so i have no idea what he said. Finally my buddy told me to hurry up and get in the car. The guards huddled up for a minute before we left and two came to the car and motioned for us to roll down the window. So i rolled down my window and the guard kept saying "Cien, cien" which is \$100 in spanish. At the time Im like what? What the fuck are you saying?" So the guard knowing we dont speak spanish pulls out a hundred dollar bill and say "We want?" I asked why but I was cut off by my buddy who handed them \$100. After that we were free to go.

Renegade: so let me get this right. You roll up into mexico, get pulled over at the border station, almost get thrown in jail for 10 years because the little mexico border agent thinks you have a glock in your trunk which is really a pellet gun. He takes the gun and shoots it in the air like its out of a movie and then gives you the gun back after he realizes its a pellet gun and probably becuase shakedowns are so common in mexico he tells you to give him \$100?

IV: Yep

Renegade: Jesus.

IV: I know. Thats not even a good one. Thats just a little tiny one compared to what other shit we did as the years went by.

Renegade: I'd love to hear them sometime.

IV: Brother..I have stories about shit we did that was straight out of a movie. You couldn't do the things now that we did then. You;d end up dead, in jail, or...well dead. Mexico is overrun by the cartels now. You just cant do the same stuff anymore.

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SUPPLIERS CORNER

Q&A

WITH
THE

RENEGADE



AN INTERVIEW WITH I-V GEAR

Renegade: Oh I know. I have heard some pretty crazy stories about trips to mexico and crossing back over. No way you could do that these days. The crossing part yes. Im talking about all the side shit.

IV: Yeah man I wouldn't even attempt it now. Not in today's mexico.

Renegade: Okay so you start going to mexico and coming back with gear..to sell to your buddies to get your's for free? Right?

IV: Right.

Renegade: So how did you end up evolving from that to where you are now?

IV: Economics, the internet, operation gear grinder, and shady ass little mexicans trying to rip me off. Not necessarily in that order.

Renegade: Explain that alittle.

IV: Well...even though mexico was cheap, it was never as cheap as the UG products were. See around that time UG's were not around yet or they were just starting. I was doing this way before raw powders were even available like they are now. So mex gear was cheaper and I always found it to be pretty good. Then the internet blew up and I was able to find a few message boards, Meso-rx in particular which at this time circa 2001 was just a free for all in the classifieds section, I was able to find cheaper gear.

Renegade: So you just quit going to mexico in favor of buying your stuff online?

IV: No not totally. See back then, even though the internet and the forums were still pretty new people relied on the magazines and what they said to be the truth. So crappy UG labeled gear you see today that everybody just takes for granted and thinks nothing of would never have passed back then. People would have cried scammer long before that source was established. Back then it was either a licensed pharm company or mexi gear. Nothing else. So i had to keep going to mexico to get my own things and things for my buddies. Then operation gear grinder happened in fall of 2005 and that just fucked everything to hell. The government thought they were doing something good but all they did was killing the mex market and making the US UGL market that much more popular. When gear grinder happened my mexico days were done. So I looked into alternatives and found some decent UG gear. After using that for a bit i was able to secure a raw provider and well the rest is history.

Renegade: So when gear grinder killed the mex market you were still getting gear for you and your buddies, or had you graduated to full one sales?

IV: At that moment I was kind of in the middle. Still getting it for my buddies but trying to make a good ,little amount of money to save on the sides. However when the raw market blew up and i did a little more research i realized I could make just as good if not better product that people are using. So I looked around found a good raw supplier and well the rest is history.

Renegade: Well if you have been around since 2005 as your own company, tell me. Whith the market so competitive, how do you garner so much business? I see hundreds of sources and yes there is alot of money to go around but there simply are only a few sources who really get the majority of the money online.

IV: true. the market is competitive. it always has been. back in the day on meso-rx the classifieds were an all out war. source vs source. and then it migrated to steroid super baord but we all know what happened with that. (for those of you who dont know about operation raw deal, go look it up). In order to be competitive there are a certain number of factors that all have to come together. having the right prodcut and the right price, good customer service, a good fast t/a time. all these things when you bring them all together will make a good source. BUT...I will tell you this.

Renegade....this should be good!

IV: You need to have a great looking product. if you have a shit looking product I dont care who it is. Nobody will do business with you because they will in thier minds associate the quality with the label. Presentation is %90 of the job. People associate quality with that is looks like. Even if the gear is shit, but it has a pretty labels, people will buy it. Conversely if you have a great product but shit labels you will sell less. In my years, I have seen more people coming to buy from other sources online asking if the label looks nice than at any other time. Bottom line if your a UGL and you want to be popular? Obviously have a product that works but you need one that looks great. People are now more brazen about steroids like its nothing. They act like its shopping at GNC and its a competitive marketplace. Everybody and thier momma has access to raws and can whip up thier own line if they have the right amount of money and access to a label maker. With the return on yu money so high everybody is looking to make money so the market has become oversaturated with sellers. In order to be competitive you have to have something that stands out. Your label and product and customer service is the only thing.

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SUPPLIERS CORNER

Q&A

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RENEGADE



I-V GEAR

AN INTERVIEW WITH

Renegade: I've seen the pics our the Iso-vet line. They look like they belong on the shelf in a real store. Incredibly professional.

IV: Thanks. Iso-vet as a whole takes great pride in thier product. The IV line is something that you can resell over and over again. Basically the design was to be simplistic but professional, Something that would pretty much based on looks sell itself and then cement itself in popularity once people used it.

Renegade: I havent heard many complaints that I can recall. Your threads here at AnaSCI and on AnabolicBoard and even ProMuscle were littered with nothing but good compliments.

IV: We are appreciative of all our clients who enjoy not only the products but the service we provide. Too many sources are gruff and act like they dont gve a shit. We as a company never want to give that vibe. Without our customers what do we have? A whole lot of gear and not much else. We try to appreciate each and every customer for choosing to do business with us and as a result we try to make each experience better than that last. Are we successful with that 100% of the time? No. Because you cant please everybody. I think in the last year we have had 1 issue and it wasnt even to do anything with the gear. it was with the mail and thats something we cannot control.

Renegade; Speaking of good product, since Iso Vet is so popular how to you make sure that your always getting or making the intended product. I have heard alot of shady shit coming out of mexico regarding thier HGH and it only makes me wonder since SRCS went down and we really have no legit ways to test purity for the different powders out there, how do you, or what stoes do you take to ensure that the IV line is always top quality?

IV: Good question and you raise a good point. Ever since SRCS was raided a few years back we really dont have a place that can test for the purity of the powders that any UGL gets these days. You can do the traditional melting point tests and you can look for certain smells that belong only to certain powders and like with tren turing orange or dark brown when made, are pretty good indicators that you have legit things. But really there isn't much we can do and Im being honest when I say this. If the supplier sends us fake or the wrong things we wouldnt know it unless it was something like the tren where you have a certain color. Without SRCS we are kind of at the mercy of what we can and cant do. Thats a shame too because the biggest problem the government has with the UGL's is the lack of oversight and proper care yet the one main thing we had to make sure we were getting what we said we were has been taken from us.

Renegade: have you been the victim of a raw guy sending you fake stuff?

IV: Not so much on the cheap things like test, deca, etc because those are cheap enough to not really do much but its those more expensive compounds like anavar, tren, mast, dbol etc that pose the biggest concern for any lab. The more expensive ones tend to lead to fakes more often than none. I have yet to have any supplier do that but to tell you the truth its only a matter of time before it does. Its just like getting scammed. It happens to everybody eventually.

Renegade: How are your products prices so low? You see most other sources selling for twice what you do?

IV: Well I have always thought about the bigger picture. Would you rather sell 1 bottle for \$100.00 or 10 bottles for \$100. I would rather do the second option and get more product out there for people to use and like. To grow the name and the brand. To make it popular. Do I make less profit per item overall...yes and no. But I;ll take a little less to have a superior and popular product. Also you have to realize the game has changed in recent years. There are more cutthroat sources out there than ever before. Hell I have seen guy selling a bottle of var for \$15.00. You have to stay competitive because lets be honest, everybody is looking for the best deal possible and there are the reseller guys who want th ebest deal possible so they can make the most money too.

Renegade: Whoa..wait did you say var for \$15.00? No way..it would cost more in raw prices to make that. What are they 1mg tabs?

IV: No they were 10mg I think. Which is like \$7.00 - \$10 in raw product alone. Plus the powder to press the tab and then the bottle and label, he isnt making much. Guys these days are taking these huge risks for such little profit. Its reallt shocking actually.

Renegade: \$15? There is no way. He has to be faking that shit. Which lab was this?

IV: I thought the same thing when I saw the price and the milligram of each tab. I wont say thier name because honestly its not my operation or my resonsibility and I dont like to give free plugs to a competitor but needless to say he is on Professional Muscle and outlawmuscle I beleive. What funny is they have up and down reviews but still...they do have good reviews.

Renegade: He must be a huge operation then to get that kind of a discount from a chinese raw supplier to be able to offer 10mg var for \$15.00. To get that kind of price to be able to offer it for that and still make a profit he must be ordering 5 kilo's worth.

IV: Im not sure but I doubt its that much. I only know a few guys who can move volume like that. This guy pretty much popped out of nowhere overnight.

Renegade: Damn...sounds fishy to me.

IV: real fishy!

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SUPPLIERS CORNER

Q&A

WITH
THE

RENEGADE



I-V GEAR

AN INTERVIEW WITH

Renegade: So tell me man you have been around a long time. How are you and other guys who have been around for years able to do it?

IV: Well I have had my fair share of ups and downs believe me. It hasn't always been smooth sailing but I guess the reason why I have been so successful is because I'm honest. And I'm upfront about that. I always try to be upfront with guys and let them know what is always going on with what we are doing or in case of orders where there orders are, what products we have in, what we don't have in etc.

Renegade: I keep seeing people rave about your service. You must really be doing something right that other guys don't do.

IV: Well the main thing is I try to treat everybody with respect. And I don't put a priority over the little guy because his money is just as good as the guy ordering 5k worth. Just because you order \$400 doesn't mean you shouldn't get the same service as the bigger guys and that's where I think a lot of sources fall short. They place the big emphasis on the bigger guys and forget about the smaller ones. To me it's all the same. You get the same service from em no matter if you order \$300 or \$3,000.

Renegade: That's awesome man. You don't see a lot of sources with that kind of attitude these days. It's pretty refreshing actually. Most sources act like they are a god and doing you a favor by even speaking to you.

IV: Exactly and they come across as being assholes which turns people off. Would you want to deal with an asshole who frankly could give two shits if you get your order or not? I know I wouldn't. It's funny, more and more recently I have been getting emails from guys telling me how nice it is I actually take the time to talk to them and hell some even say thanks just by replying to them. I'm kind of shocked and I think to myself all the time what kind of treatment are they getting from these other sources.

Renegade: Shit service I can tell you that. I have had my fair share of dealings over the years and 95% of the time these sources are shit. Hell just in this interview I can tell you a genuine guy.

IV: I appreciate that brother and let's be honest here. Back in the day when things were not so wide open a source could act like that and get away with it because there wasn't that much competition, but now since the game is so wide open and there are so many other sources competing for the same piece of the pie, you have to distance yourself to make your service stand out. To me the best way to do that is to have the best customer service possible. I try to reply to emails twice or three times a day. Generally it's two but I reply to everybody. I try to answer their questions as truthfully as possible and generally I just try to help them as best as I can and in return I usually get pretty loyal guys.

Renegade: Good product, good service, great attitude...you must be swimming in business?

IV: I have a good customer base. My customers are very good and a pleasure to work with. The majority of them are return guys which is good but I have the one and done guys and for them I hope they have a good experience with me and the IV line. More than anything else I hope they come away satisfied.

Renegade: I think after reading this more sources will start doing a better job with their customer service. You might have given away your edge now.

IV: Tell you what, if this makes other sources shape up and start doing a better job then I guess it was worth it right? The IV line speaks for itself. I think it will always be a popular line.

Renegade: So let me ask you this. Since you have been around the block a few times you know every source only has a certain amount of time. Do you think your time is coming?

IV: I think about that all the time, and to be honest IP GEAR just retired recently and while his retirement may have more to do with other factors than just knowing it was time to retire, he still went out on his terms without trouble to himself personally...at least I think. That's the way we all want. We don't ever want to go out the other way but if you stay in for too long or get sloppy that will happen. For me my time will come and while it won't be tomorrow it will come and I can tell you I will never be one of the greedy ones that just stays in because they can't get out. I have a set number and when I reach it I will sell the IV line and let somebody else continue with it.

Renegade: Shit make your money and then make more with selling the brand? Genius!

IV: Well that's why I work hard at making sure the brand is right! I want it to be a lasting name.

Renegade: Since you have been around for as long as you have, you have probably seen countless guys go down. It has to scare the shit out of you. What do you do to stay safe?

IV: Well first I will tell you I'm as paranoid as you can get. So because of that when I see a guy go down I try to get as much info about how he went down so I can take that and learn from it, apply that to myself to make sure I stay as safe and anonymous as possible.

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SUPPLIERS CORNER

Q&A

WITH
THE

RENEGADE



I-V GEAR

AN INTERVIEW WITH

Renegade: Its almost impossible in todays world to stay completely anonymous.

IV: True but there are steps to elimiate things that make it easy for LE to get you. For example you wouldnt believe how many guys I see ghet busted for dumb shit like, using a telephone, a buddy ratted them out, speeding with gear in thier car and no license plate etc. Just dumb stuff that you shake yor head at when you read it. For me, I dont talk on the phone. Email only. I dont sell local. Thats just a huge no no. To me thats even more risky than online becuae you show your face to people. I dont tell people what I do and I have no friends that know what I do. So basically i keep to myself. I dont give out any addies excpet to a select few that I have known for YEARS and I know are on top of thier game. And even then the addy isnt connected to me or anybody else persoanly for that matter. I dont do paypal or credit cards for payment like some sources. I dont keep anything in my residence, I never drive with anything in my car. I dont use my home computer. I use a proxy IP addy. And I use encrypted email that doesnt show the IP addy that I use even the proxy one. I try to take every precaution possible. I cant get into great detail but just general common sense stuff help to go along way. Some of the stuff I read just blows my mind. The stupid easy stuff to avoid getting caught guys are doing left and right. Hell I even read once a guy used face book to sell stuff. FACEBOOK!

Renegade: I remember reading about that one a while back. Those gusy deserved to get it for doing stupid shit like that.

IV: You'd be surprised how many guys I read get busted with stuff in thier homes. I mean how dumb can you be to keep anything in your residence. If they never catch you with anything on you and they have no rats to point a finger at you, it really reduces the chance they have to get you.

Renegade: I agree but there is still the small little thing about the gear actually getting here. Seems gusy get busted for that alot too. Going to go pick it up.

IV: Thats the one wild card thats uncontrollable. Its a double edged sword. if you dont involve others you have to have things that are connected to you, if you dont then you have to involve people. The bigger the circle of people the more chance for something to go wrong. The smaller the circle the better BUT the more risk is on you personally. hard choice to make. Thats part f the risk. You can downsize the risk but you cant elimiate it totally. Nobody can.

Renegade: Thanks to IV for allowing me the chance to interview him. This is just the tip of the iceberg. We get way more indepth and IV really shows us some insight into his world in part 2. Stay tuned next month. I can promise you its soemthing you will not want to miss! Until next month, stay safe !!!

