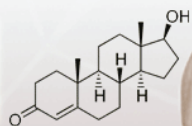


# AnaSCI Newsletter



# Anabolic Science

**anabolic steroid . nutrition . fitness discussion**



## PEPTIDE INTERPRETATION

### IGF LR3 TESTING AND ANALYSIS

AnaSCI's licensed physician alpha6164 continues with his research into the world of peptides. See what results came back for some supplier's IGF-LR3!

This segment of my work will be to show results of different full lab analysis done by using MALDI-MASS and amino acid analysis to determine if large peptides such as IGF LR3 and IGF DES really are being produced and sold by different peptide companies. This started by me personally testing Great White Peptides LR3 and finding that it was GHRP instead due to the severe hunger side effects and then when testing on fasting early am caused a significant rise to serum GH in blood tests which only can happen from GHRP and not any type of IGF. IGF of any sort will and have no effect on serum GH levels. This lead to wanting to do extensive testing on everybody's products.

Several companies and members on PM donated funds and products to be tested. Maxim Peptides, Extreme, Purchase Peptides and Ergo were all willing and all donated funds for the cost of the testing to be done at a major university protein & chemistry lab. Every one of these companies donated funds and samples to be tested. Two companies that did not participate on their own but got their LR3 tested by donation of other members were Ostagain and SRC.

Osta particularly had a problem because they though somehow i would favor only Ergo due to me helping Phil cut through some of the BS some suppliers were giving him and trying to clean up his line up. SRC's LR3 was also tested but the company was not involved in the testing.

I have have said over and over again that my reputation and dignity means more than anything. There is nothing a peptide company can offer me to change my views on the truth. I told every sponsor that i will post exactly what is given to me by the lab and that there will be no sugar coating at all.

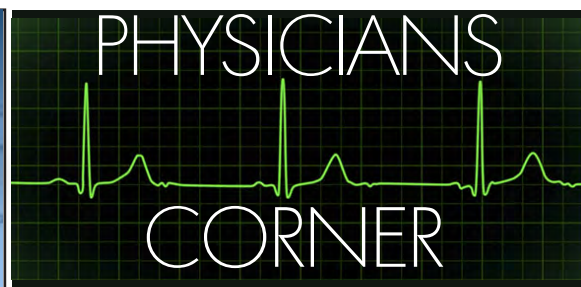
The testing was done by Texas A&M protein and Chemistry lab and they are one of the premier labs for testing peptides in this country. I suggest you guys read the thread "Demand more from your sponsors" to understand the testing methods used.

### Extreme Peptide LR3

To explain how to read each i am going to get a little nerdy. IGF LR3 has a mass weight of 9111 daltons. Assuming we could get 100% pure peptide that was exactly we should get a very tall and narrow peak right at 9111 area. You can see from the MALDI-MASS that we have a very nice peak at the 9111 area but there is also another peak at the 9400 area. This is approximately a 3 amino acid difference in weight. You can see two smaller peaks in the 4000 range but small enough that really not a big deal. The sample is obviously not 100% pure LR3. The good new is that we do have a lot of protein at the 9111 area. So that is the MS.

Now the XL worksheet you see is the AAA (amino acid analysis) this is where the sample is actually broken down and we can see how many of each amino acid is present in a single chain. For example how many glutamine, how many leucine or valine etc. Since we know how many of each are SUPPOSED TO be in a real LR3 we can compare the PERCENTAGE of each known amino acid to be there vs what we actually get from sample tested. This is where it really things matter. That is because I can make a peptide long enough that weighs close to 9111 daltons and get a mass spec graph but it can be pure crap and have nothing to even do with IGF LR3. Hope this makes sense.

*Continued on page 9*



AnaSCI's resident physician, alpha6164 is a licensed MD with years of research and understanding of anabolic steroids, their uses and mis-uses. Hear what alpha6164 has to say as he discusses ways to maintain a healthier life-style while pursuing your goals in and out of the sport.

### HIGH BLOOD PRESSURE: TOP KILLER!

In this first installment, I would like to discuss the all too common "High Blood Pressure" that we constantly hear about on the news, television and read on line but continue to push under the rug. The BB crowd does intense amount of research about nutrition, exercise, types and dosages of gear and hundreds of other factors but most completely ignore their health and high blood pressure which is one of the top killers world wide. This becomes even more important in the BB crown because of the compounds that are used that essentially cause HTN (hypertension) in an early age where the person naturally may not have developed HTN for years or even decades later.

I have many patients in my practice that are in their 20's with real HTN specifically due to being on multiple compounds where they obviously would not have developed HTN for decades later possibly. If you have been locked up in a bunker the last 50 years and have not heard HTN causes a myriad of diseases from coronary artery disease, cardiac myopathy particularly left ventricular hypertrophy, retinal artery disease, aortic dissection, strokes and myocardial infarctions. There are many causes of HTN and it can range from genetic, environmental such as nutrition which leads to obesity, smoking, and in BB crowd AAS.

Hypertension is medically usually divided between what we call essential or primary hypertension or secondary hypertension. Majority of HTN falls under primary which means "we really don't know." Secondary is when there is a definitely underlying cause and when that "secondary" underlying cause is removed the HTN goes away.

For example you can have a tumor that releases excess amount of adrenaline and can cause severe HTN. Well this is not a type of HTN that you just treat with medications. It has to be investigated and once you surgically remove the tumor the HTN magically goes away. In a sense HTN causes by AAS is secondary hypertension because if caught early enough and stopped the HTN goes away. Now if secondary HTN goes untreated for a long time the physiologic changes it does to kidneys, heart, arteries are permanent and essentially become primary HTN and despite removal of the offending agent the HTN will not go away without treatment with medications.

*Continued on page 2*

IN THIS ISSUE

- 1 PEPTIDE INTERPRETATION
- 1 PHYSICIANS CORNER
- 2 GUIDE TO STEROIDS
- 3 CHEMICAL CONVERSIONS
- 3 SUPPLIER REVIEW
- 4 CYBER-SPACE PROTECTION
- 5 NUTRITION TIPS
- 5 ANASCI RECIPES
- 6 SCAMMER RECOGNITION
- 7 TRAINING TECHNIQUES
- 11 SUPPLIERS CORNER



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 had ventured as far as we have in the bodybuilding and anabolic science world. Respect and thanks must be given.

# ELVIA's GUIDE TO STEROIDS

There are not a huge amount of no nonsense articles written about aas so I just wanted to contribute a few of my thoughts regarding aas. Take them for what they are... my humble opinions. Generally I think many people overcomplicate aas and simple methods are usually the most effective. However I have to admit I do love experimenting and feel this is the key to finding what works for you.

Newbies are the worst at overcomplicating things. I often hear about 3-5 different aas being used and a pct regime that lasts longer than the cycle itself. The key for most is simplicity. Although one should make the most out of their first cycle. I have many different thoughts about a first cycle but for most the simple route is best. There are many factors involved such as age but lets say the average male produces about 7mg testosterone per day so 49mg per week. Therefore a properly dosed 250mg cycle should give fantastic results. But to me if your gonna shut yourself down for the very first time make it worthwhile. I would recommend 500mg test per week for 12 weeks. It's a cookie cutter cycle but for a reason. One compound is good as you can access your tolerance and know exactly what is doing what. I highly recommend when using new compounds to use them alone or with a known base so you can see what it exactly adds. Too many guys use alsorts of stuff and don't know what is doing what.

For certain individuals with a different set of goals and perhaps an excellent understanding of diet and training a more complex first cycle could be used. The first time your body is injected with hormones it shocks the body in a way. Your body grows most when it experiences things it has never felt before. I often hear guys saying I wish I could have my first cycle back and I sometimes cringe when guys done 30mg avar for a first cycle (nothing wrong with that though).

What if you could go back would you really go for it? I think a middle ground is best. I know guys who have took 1g and over and ate crap and put on what most would with a much lower amount. But for those who have everything in place and can be guided I see nothing wrong with a cycle such as 400-500mg test, 400-500mg deca and 30mg dbol for 4 weeks. That is not for everyone but if done properly the results could be incredible. Some may take alsorts and add in slin and gh etc but I feel it is best to leave some things out... don't ruin the possible fun ahead.

I recommend testosterone for a first cycle and always as a base due to it being the main androgen and the primary hormone in the male body. Everyone responds differently but I generally feel testosterone is a dirty steroid. It causes numerous side effects in many and alsorts of meds are needed to combat those sides. A new trend has started that incorporates low test and higher doses of other anabolics such as deca, npp, tren and primo etc. This is a great system to combat possible side effects and maximize results. Furthermore I think anabolics such as deca, npp, and tren have a greater ability to build muscle tissue than test. My current cycle is 300mg test e and 1.2g deca and I feel great and I am progressing alot so recommend this system.

Everyone loves to use tren these days and the results speak for themselves. Whilst I know many guys who can take large amounts of test and tren together the majority of people I speak to simply can't and struggle on such a cycle. I think the low test approach can work wonders for these individuals. I feel a main factor in the success of this method is the control of estrogen. Moreover one can usually take more tren due to this method minimizing the harsh sides of the compound. Pretty basic stuff but large amounts of tren will beat any other compound for body composition changes. Therefore concentrating on the effective compound (tren) and letting it do it's work should give you better results. I have to add tren is tren and it is a harsh compound so no side effects is never gonna happen and some simply can't use it but this system has been shown to minimize those side effects. An example of such a cycle would be 150-300mg test and 400-1g tren.

*Continued on page 4*

## PHYSICIANS CORNER

*Continued from page 1*

The guidelines set by AHA (American Heart Association) have changed through the last two decades. The more clinical studies that are done more revision have been done to the guidelines and recommendations and types of treatments. It used to be that if your blood pressure was 130/80 you were still considered normal. With the latest guidelines you are not considered "pre-hypertensive" and need to have life style modification or even medication to bring it under that. As of now normal levels are 120/79 and UNDER. If your blood pressure is 160/100 or greater it is recommended that you are automatically started on TWO medications to reduce your blood pressure. Right now you have to be in the 120s/70s to be considered 100% normal. The reason the numbers and goals were reduced was studies showed that even patients with 130/80 blood pressure had a higher risk of heart attacks and strokes vs. people that their blood pressure was 120/70. Yes every bit counts. Every 10 points increases your chance significantly.

So you find out you have high blood pressure based on the NEW STANDARDS, what do you do next? You have a few options: stop all AAS, life style modifications, natural remedies or medication. I will go through these individually.

**Stopping AAS:** Most of the time just stopping AAS will reduce your blood pressure eventually after your levels return to normal. This was is pretty straight forward.

**Life Style Modifications:** It is recommended that reducing sodium intake to less than 1200mg daily, reducing alcohol intake, increasing cardio and loosing some extra pounds all help in reducing blood pressure.

**Natural Remedies:** Increasing potassium intake, garlic, vitamin C and folic acid all have been shown to naturally reduce blood pressure.

**Medication:** Many times despite best effort, none of the above will actually get you to goal guidelines. As far as medications there are many choices including diuretics, calcium channel blockers, ACE inhibitors, beta blockers and ARBII blockers. Both ACE Inhibitors such as lisinopril and ARBII blockers such as Micardis have shown to be very kidney protective. I would really stay away from any beta blockers such as metoprolol and atenelol because beta-blockers are basically an anti-adrenaline and cause fatigue, loss of libido and weight gain in many patients.

So pretty much across the board to all my BB patients if they are diagnose with hypertension I start them with either an ACE inhibitor or ARBII blocker. Between the two ARBII blockers are better but all are currently brand names and no generics available so they are very expensive where as lisinopril which is an ACE inhibitor is very inexpensive. You also have to keep in mind that depending on how high your blood pressure is less than 20% of patients diagnosed can reach goal with a single medication. Most require two, three or even four medications to reach targeted goal.

In summary make sure to regularly check your blood pressure. It should be done during same time of day after you have been in a resting position for at least 10 minutes and have had no stimulants in your body such as caffeine, etc. I usually check my own every morning upon waking up before I have walked around and gotten all excited. I hope this information is helpful to this crowd and saves a few kidneys and lives.



**DiscussWorldIssues**  
Socio-Economic Religion and Political Uncensored Debate







## chemical conversions

### NANDROLONE DECANOATE

**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 Nandrolone Decanoate. This process will produce 50ml of 200mg/ml. sterile solution for injection.

STEP #1: Measure 10 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

10 grams Nandrolone Decanoate powder

37.5 mL of sesame seed oil.

2.5mL benzyl alcohol 5% BA

2.5mL benzoate 5% BB

syringes 3cc and 5/10cc

5 syringes 10cc

18 or 20 gauge needles

vial

sterile vial

whatman sterile filter

## motivation

AnaSCI Motivation - Train Hard or Die

FEDOR MOTIVATIONS



**AnaSCI**  
Anabolic Science



**Uncensored  
Hardcore  
Bodybuilding**

## supplier review

This issue of the AnaSCI Newsletter we will be reviewing

### GENEFORZA LABS

In this months issue we Are going to review The UGL GeneForza Labs.

GeneForza Labs is Run by the forum user handle of "Geneforza" or "GF" he likes to call himself. Its a China based Joint operation.

They were at one time an approved sponsor on a few big forums, Professionalmuscle and Steroid-Forums being two of them. Like many others they started off pretty good. Trying hard to make a name for themselves by sending out many free sample packs. According to reports and member feedback they did have and sent good quality products. Looking to get there products in the hands of key members, looking for forum reps to help plug the product line and answer questions, have some giveaways (which turned into maybe you get it ..maybe you do not).

Now before I even go On I'm sure Our vet readers can predict how this ends. But new guys should pay attention. Its a pattern in the community that happens over and over again.

Lets Fast forward some months down the road...to real time now. "GF" or Geneforza is banned from both forums. His reps are also banned. The problem in order went like this. "Geneforza" was rarely ever able to be reached, so the "rep" is handling the problems and complaints. All he can do is stall and delay...relay the word. Soon only some receive there orders. Add fees start to fall behind. They're kicked off of steroid-forums for problems they're currently having there.

This is where they begin their exiting song - They supposedly get ripped off by a business partner and not for a small sum. Reports I have seen are in the several thousands range. They then basically tell every one adios. Sorry about your luck. Reports have them ripping off members for over \$40,000 worth of orders and also ripping off two well known, long time sponsors on the forums for \$60,000 in a joint business operation that they were setting up together before "GF" went bad. He and his "rep" Sky\_Cowboy (who was confirmed by GF to be one of his remailers) then tells the forum's staff "If you list me, threaten me or trouble me I will turn you in and/or use any information I can to cause you harm!". So not only a scammer, But a real sneaky-snaky type.

Same old story and the same old song and dance. One of many sources to give it a run and start off looking to be on top of it!! Just to later fall on there face and rip off good guys on their way out. Using reps and Vets to try and build a customer base.

Good news is if you came across them and did happen to be in the group of luck guys to receive what you pay for...the gear is reported as good. Bad news is they will threaten to turn you in, or turn over your ordering information. Its the kind of "guy(s)" we are talking about. Short Summary - Stay clear of this Ugl.

### TWO THUMBS DOWN



# cyber-space protection

## EMAIL AND INFO



Hey guys and gals I am sick of seeing people complain and moan about safe-mail etc. So I and with info from AnonIC.org put together a list of things to help people make better decisions when it comes to secure email. So this will be in 2 parts and if anyone has other good info please post .

**Even if you have nothing to hide it is a good idea to take care of your email privacy.**

**Use encryption to protect your email messages.** The only way to protect email messages from the interception is to encrypt them. There are few techniques to do so here is some info on types of encryption keys.

**PGP and S\MIME encryption.** Both PGP and S\MIME encryption are used to encrypt message body only, leaving message headers unprotected. PGP and S\MIME can be used if you require end-to-end encryption. Using those methods requires prior agreement between parties, and public key exchange should be done before emailing securely.

**S/MIME (Secure/Multipurpose Internet Mail Extensions)** is a standard for public key encryption and signing of MIME data.

**Pretty Good Privacy (PGP)** is a data encryption and decryption computer program that provides cryptographic privacy and authentication for data communication.

**A PKI (public key infrastructure)** enables users of a basically unsecure public network such as the Internet to securely and privately exchange data and money through the use of a public and a private cryptographic key pair that is obtained and shared through a trusted authority. The public key infrastructure provides for a digital certificate that can identify an individual or an organization and directory services that can store and, when necessary, revoke the certificates. Although the components of a PKI are generally understood, a number of different vendor approaches and services are emerging. Meanwhile, an Internet standard for PKI is being worked on.

**SSL encrypted connection to mail server.** SSL can be successfully used to encrypt email traffic in the whole. SSL encrypted transport prevents from message headers and message body interception on the way to/from the mail server while sending/receiving email. SSL can be used to effectively protect from intercepting your email traffic by ISP or government agencies.

In addition to PGP or S/MIME, SSL connection encryption should be used to protect email message while in transit.

**Use anonymous email services.** Your email privacy will depend on your email service provider.

Here is a short list of requirements your email services provider should meet:

**IP anonymity.** Provider's mail server should not add the header containing the sender's IP address. The significance of the IP address for locating of the sender has been dealt with above.

**Encryption.** Look for email service provider allowing SSL encrypted connection to the server. This will eliminate intermediate snooping. Service should be compatible with PGP and S\MIME message encryption as well.

**Email provider mail servers location.** Email provider mail servers should be located in a country where electronic privacy is protected by law. Remember, that in jurisdiction where data interception is used by government agencies anonymous email services are monitored in a first place.

*Continued on page 6*

# GUIDE

*Continued from page 2*

My main point is basically it is wise to look at the type of steroids you plan to use in a cycle. Following this simple step can help you reach whatever goal you have. Moreover it could help with possible side effects. An example of this if you are worried about your prostate and have encountered problems in the past you would be wise to avoid strong androgens such as tren, masteron, winny and halo etc.

When cycling aas you are always gonna take steps forward then back. Point is when you shutdown and you have next to no test circulating your body goes into meltdown. There are various things you can do to help matters such as tapering down and pct. But this system will always limit what you can achieve. If you just want to look good for the beach then this system is ideal. But no matter what it's gonna be near impossible to build any reasonable amount of extra muscle after coming off all hormones.

Many factors come into play but to me if you want to look like a bodybuilder all year then aas are for life. Age effects things for many but this is where blasting and crusing can be beneficial. You cruise on a maintenance level of testosterone that mimicks your bodies (young) natural levels (approx 100-200 mg per week) and you blast as you would in a cycle and back down to your cruise dose. This system prevents crashing as you will always be shutdown and essentially running on artificial testosterone. It is highly effective and will prevent huge losses in muscle mass post cycle.

Although lengths of blasts and cruises are important. Basically the more you blast the bigger you should be but the longer you cruise the more chance you will lose the muscle you gained on your blast. Health comes into play and how much your willing to risk it for your muscle gains. Fact is most of the best physiques around will tend to cruise less and blast more.

I find it interesting as I notice most peoples blast times start rising over the years and their cruises get shorter or higher dosed. 400mg test is not trt and will carry alot more risk factors. I recommend an amount that gets them to approx 700-900ng/dl total level during a cruise. Bloodwork is the only way to know what dose is right for you. A small dose of HGH with your TRT will help prevent/delay any muscle losses and I feel this is a healthier approach than using higher test doses. Moreover one might want to use other aids in this period such as insulin or even creatine. Many adopt different systems such as 4 weeks on/off or 8 weeks on/off... other more health conscious individuals tend to cycle then cruise for approx 16 weeks. An old trend I see coming back is the use of short blast cycles.

Muscle takes time to build but we mainly grow in spurts in a way. This can be seen when growing up in height to wisdom teeth etc. I think short blast cycles are an excellent way to shock the body into growth whilst minimizing the time on high hormones. It goes against the traditional upping your dose through your cycle. I believe doing very high doses for 4 weeks is better for health in most ways than doing moderate-high doses over 4 months or so. Like with anything aas related gains vs health come into play so do what your prepared to do. The length of cruise would also be important after a short high dosed blast.

Have any of you ever seen someone literally transform in a matter of weeks? I am not talking about putting on 20 pounds of water from adrol. I mean literally look like a different person. I have and to me that shows the power some drugs can have. We all need different amounts but under the right conditions I think most can make huge changes in a fairly short time frame.

When the body is shocked it responds and big changes can be a result. People's first cycles are a prime example of this shock. When those artificial hormones hit the blood for the first time they shocked the body into growth. What about the first time you took tren? I helped a friend once with his cycle and put him on 200-300mg tren per week and in 3 weeks he was literally a different person. So I know for a fact big changes can be made in a short time under the right circumstances.

*Continued on page 8*

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Hardcore  
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NUTRITIONAL TIPS FOR A BETTER BODY

# GRAIN - GLUTEN FREE - PALEO

Hello. This month I want to touch on exclusionary diets. 3 in particular that share various similarities:

**1) GRAIN FREE DIET:** Pretty much what the title says no grains. No wheat products, rice or other grains whole or processed.

**2) GLUTEN FREE DIET:** No gluten containing foods of any type.

**3) PALEO DIET:** No grains or grain products. Uncooked raw foods for the most part.

I decided to explore these exclusionary type diets after some trying first grain free then Gluten free. Never did a strict paleo diet but know a few that have. These are my own observations with these restrictive diets.

I'm a bit older than many of you guys/gals reading this and have had various joint issues stiffness and gastro issues. I also noticed I was losing some mental acuity with age or so I thought. So I first tried going grain free. Just as the title says no grains or variations of any type grains. Diet consisted of good protein sources. Lean meats fish, poultry, eggs and very limited dairy (the actual grain free diet calls for little animal source proteins. That part I did not follow). Large amounts of fresh veggies and fruits. I included fresh unprocessed nuts and some legumes.

I noticed within about a week or so I was feeling better every day. I had good energy and mental clarity. My joint inflammation and muscular stiffness really improved and continued to get better the longer I stayed grain free. My family really started noticing changes. I looked healthier and looked like I felt well. I dropped substantial bf and did not feel tired or lacking in energy. I stayed with that diet for about 5-6 months. I had put on some fat due to injury induced layoffs from the gym and being a lazy ass regarding nutrition. The diet did work well for the joint and gastro issues. I had bad reflux prior to going grain free and that cleared up quickly. I had a heavy labor (work) schedule and little wt training during that time I ate small meals 5-7 times daily. I get enough complex carbs to function well till the next meal.

Just before the Holidays (2012) I was healed and ready to engage fully in training again. I stayed with the grain free initially but as I began to progress in the gym again I noticed I felt flat and good training sessions were more hit and miss. Reflecting on dietary periods of my past I decided to try gluten free but include some grains. I needed a bit more energy and like many I enjoy the feeling of a good pump in the gym and those were spotty at best. So looking back I remember using rice and a few grains and feeling well. I had whole grain rice veggie stir fry and meat, poultry, or fish daily. I kept it simple and ate that type of meal several times daily. You know what? I felt great. I had really good training energy and did not have "fuzzy" feeling when I awoke in the mornings. I continued to build muscle and get leaner. I had no digestive issues or feeling of being "off".

A Gluten-Free Diet is a diet that excludes the protein gluten. Gluten is found in grains such as wheat, barley, rye and triticale (a cross between wheat and rye). Allowed foods Many healthy and delicious foods are naturally gluten-free: Beans, seeds, nuts in their natural, unprocessed form fresh eggs, fresh meats, fish and poultry (not breaded, batter-coated or marinated) fruits and vegetables. Most dairy products, many grains and starches can be part of a gluten-free diet: Amaranth, Arrowroot, Buckwheat Corn and cornmeal, Flax, Gluten-free flours (rice, soy, corn, potato, bean) Hominy (corn), Millet Quinoa, Rice, Sorghum, soy, Tapioca, Teff. Always avoid all food and drinks containing: Barley (malt, malt flavoring and malt vinegar are usually made from barley) Rye, Triticale (a cross between wheat and rye) Wheat avoiding wheat can be challenging because wheat products go by numerous names. Consider the many types of wheat flour on supermarket shelves — bromated, enriched, phosphated, plain and self-rising. Here are other wheat products to avoid Bulgur, Durum flour, Farina Graham flour, kamut, Semolina Spelt. Avoid unless labeled 'gluten-free'.

In general, avoid the following foods unless they're labeled as gluten-free or made with corn, rice, soy or other gluten-free grain: Beer, breads, cakes and pies, candies, cereals, cookies and crackers, croutons, french fries, gravies, imitation meat or seafood, Matzo pastas, processed luncheon meats, salad dressings, sauces, including soy sauce, seasoned rice mixes, seasoned snack foods, such as potato and tortilla chips, Self-basting poultry, Soups and soup bases, vegetables in sauce certain grains, such as oats, can be contaminated with wheat during growing and processing stages of production.

Continued on page 10

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:

Tequila Lime Chicken

**Ingredients**  
Two, one-pound Chicken breasts, sliced laterally to provide four thin breasts.  
1 t. Olive Oil  
6 crushed garlic cloves  
1/2 minced Fresh Jalapeno Pepper  
1/2 Cup White Wine (no oaky chardonnays)  
1/2 Cup Tequila (I use José...)  
All the juice squeezed from two large Limes  
1 t. Chili powder  
1 t. Cayenne Pepper  
1 t. Black Pepper  
1 t. Sea Salt


**Instructions**  
1) Sautée garlic and jalapeno in Olive oil over medium heat 5 minutes.  
2) Add Wine, Tequila, and Lime Juice. Scrape any burned garlic off of pan, but leave in mixture.  
3) Arrange chicken in pan. Sprinkle Chili, cayenne, black pepper, and salt on top of breasts. (Use it all, you will not be seasoning the reverse sides. Don't worry if some spices land in the liquid). Cook 5 minutes over medium-high heat.  
4) Turn Breasts over and cook until finished (5 -10 minutes more).  
5) Serve Breasts two per plate; spoon liquid mix (including garlic cloves/jalapenos) over chicken.  
Makes 2 Servings.

**Nutritional Information per Serving**

Calories 778.4	Sodium 867.9mg
Total Fat 15.3g	Potassium 1,085.2mg
Saturated Fat 3.7g	Total Carbohydrate 10.1g
Polyunsaturated Fat 3.2g	Dietary Fiber 2.2g
Monounsaturated Fat 4.4g	Sugars 1.2g
Cholesterol 280.9mg	Protein 104.3g

Vitamin A 32.6%	Magnesium 37.3%
Vitamin b-12 28.7%	Manganese 34.4%
Vitamin B-6 140.9%	Niacin 256.4%
Vitamin C 40.7%	Pantothenic Acid 38.2%
Vitamin D 0.0%	Phosphorus 93.2%
Vitamin E 5.3%	Riboflavin 27.9%
Calcium 9.5%	Selenium 118.1%
Copper 13.8%	Thiamin 24.6%
Folate 7.1%	Zinc 26.4%
Iron 25.2%	



PAGE #5

NO PRESCRIPTION NEEDED

Sterile Syringes.com





# 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](http://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).

**Norman Smallwood aka Oslris**  
1006 Dover Ave  
Wilmington, DE 19805  
(302) 322-8936  
(302) 757-3717  
\*\*Address has since changed

**Stan Buskirk**  
5050 Fairways Circle e-201  
Vero Beach, Florida 32967

**Zachery N Wilkins**  
15 Dalamar Ct  
Latham NY 12110

**Jennifer Eppich**  
5870 Birdie lane  
Mentor ohio 44060  
330-328-4581

CC#: 4029 4450 4340 8109  
Expiration: 07/15  
NAME: Norman Smallwood  
CCV: 825  
Billing Zip Code: 19804

**Ryan Schlosser**  
1887 North 50 East  
Logansport, Indiana 46947

**Jared "Frank" Goodman**  
2513 Beene Blvd  
Bossier City, LA 71111  
318-213-2355

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

## EMAIL AND INFO

*Continued from page 4*

**Anonymous payment options.** Anonymous payment options should be present if service is not free.

**Read email provider Privacy Policy.** Real anonymous email service provider should not collect and record any information about clients, i.e. you. This should be clearly stated in their Privacy Policy.

Only two things are essential for signing up for a new email account: a login (used as a part of your email address) and password (to access the account). Other details should be optional.

**Do not use your ISP or company email accounts for confidential emails.** The most common way of sending email messages is doing so via your ISP (Internet Services Provider). This is probably, the surest way of letting the world know all intimate details about yourself, like who you are and where you live. No ISP ever cares about client's privacy. Most of the big and small companies have their own email privacy policy, allowing authorized staff to review email messages sent and received through company mail servers.

**As most know I am a big fan of countermail but there are other choices that I have listed.**

**COUNTERMAIL.COM** - (With the USB key option) (PGP, with 2048 bits encryption keys)

**SECURENYM.NET** - Secure E-Mail Service

**TORMAIL.NET**

**NEOMAIL** - Email Hosting - Email Account - Email Provider - Anonymous Email - Encrypted Email Service

**MUTEMAIL.COM**

**RUNBOX.COM** - Personal Email | Fast and Secure Premium Email Services and Business Email Hosting from Runbox

**KATZGLOBAL** - Anonymous Offshore Email Seemail Encrypted

**ANONYMOUSSPEECH.COM**

**PRIVATDEMAIL.NET/EN** - Free (You need Mozilla Thunderbird to work with privatdemoil)

**CRYPTOHEAVEN.COM**

And of course PGP desk top I like because you get support.

**www.ProWristStraps.com**



# TRAINING TIPS

AND TECHNIQUES

## PHYSICAL LIMITATIONS

**M**ake no mistake about it, squatting big weights for big reps will get you not only big legs, but a big overall body. No exercise has a carryover to other bodyparts like the full ass to grass back squat. It is the grandaddy of all exercises and if physically able to, you should be squatting at least once a week if not twice.

What do you do though if for some reason such as a physical limitation you literally can't squat? A lot of us older guys such as myself have beat up knees for one reason or another. Other people are simply not really built the right way to squat effectively. Sure anyone can bring their squat poundages up from where they start at, but not everyone is going to do 495 for 20 reps.

All hope is not lost! I'm here to introduce or acquaint you with some alternative exercises to get your thighs growing. One exercise that I really like is the front squat. The front squat seems to hit much more quadriceps and less glute and ham than a traditional squat. As a result you can't use as much weight, nor should you try to. When I tried out front squats for the first time my 8 rep max was about half of what I could do on a back squat. Boy do they work though. I'm not one of those guys that believes you can do every fru fru exercise under the sun to work this angle and that angle and build up "that" part of the muscle, BUT front squats do seem to hit much lower on the quads than a traditional squat. My teardrop and overall lower quads have grown since utilizing this exercise, as apposed to large upper thigh mass. A great rep scheme to use with these is Vince Gironda's old 8x8. You do 8 sets of 8 reps with little rest in between sets, like 30 seconds. Advanced trainees under Vince could get down to 15 seconds of rest between sets. Obviously you are going to have to use some lower poundages, but the cumulative fatigue from these sets will get you. And aren't we hurt and or old anyway? Are we not trying to do less damage to our joints?

Some of us have bad backs though and can't get under a front squat without pain either. My next favorite exercise is the frog/sissy squat on a hack squat machine. You are NOT going to use a lot of weight for this, at least not at first. Basically what you are going to do is get in the hack squat with your feet low on the platform, I like them almost to the bottom. Your heels are very close, maybe an inch away from each other, and your toes are pointed out at 45 degrees. Unrack the weight and descend. As you come down your knees are going to track out over your toes. Normally this would be horrible for your knees, but you are using lower weights, AND you are rising up on the balls of your feet at the bottom of this movement. Your heels will be up off the platform at the bottom. Then power your way up to the top and repeat. Do not lock out however. Keep just a little bend to the knee to keep tension on the quads the whole set. I like, again, the 8x8 for this exercise, or 4-6 sets of 12 with a little more rest in between sets (1-2 minutes).

Another variation on the hack squat you can work in with the frog squat, and I don't have a funny name for it, but you put your feet up high on the platform. So this time your toes are going to be almost off the top of the platform, and your feet are pointed straight, and ankles are almost touching. You are going to squat down as deep as you can and back up, again without locking out to keep tension on the quads. This will hit the lower quads a good bit, but also hits your upper and outer quads and may help you develop more "sweep". Once again, higher reps are best here. Finally we should not forget about the good old sled, or leg press machine. There are many variations out there, from the traditional 45 degree sleds to horizontal and vertical presses. They are all great because it puts no strain on your back, and you can alter your foot position to hit the hammies more or less and hit different areas of the quads. I like to do the sled last and bang out 3-4 sets of 15 to 20. Feet about shoulder width and toes pointed up, feet in the middle of the platform. You can really grind out reps like this. When you get stuck just put your hands on your knees and push a little to eke out those last couple reps.

Now, the quadriceps make up a big portion of the thigh but we cannot forget about the hamstrings. Many bodybuilders, myself included, have subpar hamstrings. Remember we are striving for that nice separation from quad to hammy, and that nice "drop" on your side chest and tricep poses. I like to train hamstrings first in the rotation with some variation of leg curls. I picked up this little tidbit from John Meadows and I really like it. Training hammies first allows me to use a little bit more intensity than if I do them after quads. Also it warms up my knees a little bit for the quad exercises, and having a pump in the hammies is like coming down on a little cushion when you do squats/presses.

I like to ramp up weight till I get to a very hard ten, then I do that weight to failure as part of a triple drop set, followed by some partials. So it would look something like this: lying leg curls worked up to 200x10, then 200x9, 180x7, 160x4, 140x as many partials as you can do. Then after your quad exercises when you are all warmed up and ready to go you can do a second hamstring exercise. I really like doing stiff leg deads with DB's. I get a good stretch and can keep the DB's really close to my legs on the descent. Also since I'm trying to focus on hammies, I don't lock out at the top but keep my waist bent a tad to keep tension on my hamstrings.

And there you have it! I'm not an expert trainer, nor do I have any advanced degrees in exercise physiology or kinesiology. I'm just a gym rat who has taken in a lot of lessons over the years and applied things that worked and ditched those that have not. I feel very comfortable with what I've said here. If you are looking for a change up in your leg routine, give any or all of these a try and I don't think you will be disappointed.



## SYNTHETEK INDUSTRIES

Innovative BodyBuilding Products

**APETITE STIMULATOR**

**VASODILATOR**

**SYNTHETROL**



**LIVER AIDS & B 12**

**HUMAN KYNOL**

**PURE WHI**

# GUIDE

Continued from page 4

I have a short high dosed blast planned for later in the year using my own system. My plan is to blast at very high doses for 4 weeks then go down to about 800mg per week consolidation period for a further 4 weeks then back to trt for 8 weeks or so. Personally I want to try very high doses but I don't want to be on them for extended periods. This system gives me that plus I think with the 2nd phase due to what the body just experienced (shock) gains can still be made and at worst consolidated to a decent degree. Moreover having the 8 weeks of long esters will prevent any major crash when the short esters leave your system. If someone were interested in doing a short blast cycle the amount they use is entirely upto them and it maybe a total of 1 gram or even 5 grams.

An example of such a cycle could be the following:

**Weeks 1-8= Test C at 400mg**  
**Weeks 1-8= Deca at 400mg**  
**Weeks 1-4= Test S at 100mg per day (700mg)**  
**Weeks 1-4= Tren A at 100mg per day (700mg)**  
**Weeks 1-4= Npp at 100mg per day (700mg)**  
**Weeks 1-3= Adrol at 100mg per day (700mg)**

Thank you for your time and enjoy the newsletter.

E

Pain is temporary.



Pride is forever.

WHAT ARE YOU WAITING FOR?

Be proud, but never satisfied.  
 Success is the best form of revenge



## editors notes

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

**Peptide Interpretation:**  
 by: alpha6164

**Physicians Corner:**  
 by: alpha6164

**Elvia's Guide to Steroids:**  
 by: Elvia1023

**Chemical Conversions:**  
 by: powders101

**Supplier Review:**  
 by: rAJJIN

**Cyber-Space Protection:**  
 by: norbit09

**Nutritional Tips:**  
 by: turbousa

**AnaSCI Recipes:**  
 by: MilburnCreek

**Training Tips & Techniques:**  
 by: tri-terror

Suppliers Corner  
 by: the renegade  
 Special Thanks for the interview goes  
 out to: IPGear

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# PEPTIDE INTERPRETATION

Continued from page 1

We can see from the XL worksheet that the sample was ran in a triplicate assay for even better accuracy and the number of nanomoles of each amino acid in the chain.

Column C shows number of each amino acid that is supposed to be in a real LR3

Column D shows % of weight of each amino acid that is supposed to be in a real LR3

Column E shows % of weight of each amino acid that we actually got from sample being tested in this case Extreme's LR3

You can see that predicted vs what we got is very close and told by lab director completely within range of lab error and they include a 1.5% up or down either direction completely acceptable. So we can see that the Extremes sample had the right amount of each amino acid in the chain.

If you look at C:43 you can see that there was 989 micrograms of protein in total in the vial which means 0.98 mg which is 98% of 1mg. There was some Histidine amino acids in a very small amount found which LR3 should have no Histidine and lab director explained that this is most likely Histidine that is left over from the tagging process that may have not been cleaved off but extremely small which also is the cause of the 2nd spike we see on the MS graph at 9400 area.

Overall he felt very comfortable to say this is LR3 Enjoy

## Ostagain, SRC, Maxim LR3

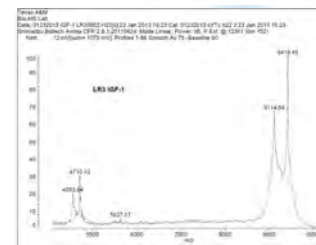
Analysis for Maxim, Osta and SRC were done and results posted on same spec sheet for direct comparison. And i can say that they all look pretty good. Some better than others but i will go thru that detail in a little bit. The Mass Spec on all three appear on a single sheet. Let me give everybody some further clarification on Mass Spec. This is not a quantitative test meaning the height of the curve means NOTHING as far as how much product is there. So if a peak is higher than another does not mean that there is more of that compound than one that has a smaller or taller peak. Hope that makes sense. Mass spec allows you to find how PURE your compound is and if there are other proteins with different target weights in the same sample.

All four LR3 tested have small peak in the 4500 range area. That is EXPECTED. MALDI TOF measures particles in single charged particles and since our target weight is 9111 daltons some couples charged particles will show up  $9100/2 = \sim 4500$  range. The key factor is that if you had and could make a 100% pure LR3 you would have a single tall peak at 9111 and nothing else. We see that with SRC. There are no peaks anywhere else below or above 9111. With Osta's LR3 we see peaks 7000, 9100 and 9400 range. The 9400 rang peak is similar to same 9400 peak as in Maxim (even though it looks taller it is meaningless) and Extreme that we tested last week. This is for sure from Histidine that was uncleaved in the final process. The % appears very small because the amino acid analysis looks good on all samples. The only issue that Osta's LR3 had that none of the other 3 had was that there was a peak at 7000. That is a compound that is not IGF-1, DES or LR3. So it is either degraded LR3 that has broken down to smaller weights but it is a little unlikely cause then we should have peaks in other places besides 7000. Maxim's mass spec looked very good same as Extreme we did last week. It has a nice peak at 9100 area and a tiny peak at 9400 due to histidine being attached that shows up in the amino acid analysis.

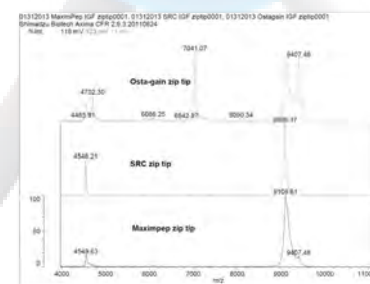
Now this is SRC's AAA: The percentages of each amino acid is within range and overall looks very good. This was the only sample that had 0.0% histidine. The only issue was that there was only approximately 0.8mg of product which is 20% short of advertised amount.

This is Osta's AAA. The amino acid percentages look spot on and had minor histidine like all the others. The only issue was that it had approx 0.73mg of total protein in the vial.

This is Maxim's AAA. It also looked very good with minimal Histidine attached and has 0.95mg of total protein attached. Both the Extreme and Maxim LR3 in analysis looked pretty identical. Phil mentioned under the IGF thread yesterday that his source is exact same and it is good to get confirmation through the lab on how close they were after MassSpec and amino acid analysis.



[Click Images to Enlarge](#)



[Click Images to Enlarge](#)

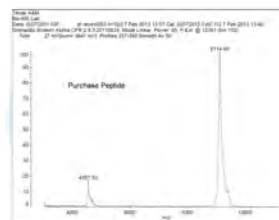
Continued on page 10

# PEPTIDE INTERPRETATION

Continued from page 9

## Purchase Peptides LR3

The results are nearly identical to Extreme, Maxim, and Ergo USA LR3. I would rate these 4 LR3 as excellent LR3. You can see in the mass spec that we have a nice tall peak at 9100 range with a tiny bump in the 9400 range which again is because of the tiny amount of histidine tag present. The rest of the mass spec looks very clean without any other impurities. The amino acid analysis also looks very good with total of 0.95mg of total LR3 in the vial which is pretty as much as good as it gets.



Click Images to Enlarge

## My thoughts:

First i am pretty impressed that we even had any damn LR3 in any of these vials cause i was very skeptical to begin with despite the source. I do not think any of them are "bad." I think it is matter of good or better. I have already contacted OstaPresident and sent him the raw data and have even offered to setup so he can send a vial directly to lab for analysis. I dont want anyone to think there are any fishy stuff going on.

SRC by pure analysis looks very good however the fact that they are the most expensive out of the bunch and had only 0.8mg which is about 20% short of advertised makes them great but very pricey. You pretty much have to add 20% to their price to get a real price on what 1.0mg would cost.

I think Extreme, Maxim and Purchase Peptide have a great product. We know for sure we have LR3 and pretty much as close as to 1.0mg as you can get. The histidine is very small when you look at % of amino acid involved. The lab tells me less then 5-8% may be His-tagged. So even if you subtract 8% from 0.95mg you still end up with more LR3 that is untagged and probably at a better price. It was revealed and confirmed by Extreme that Ergo's USA LR3 is the same as Extreme and they buy from exact same source so i did not want to spend another \$400 to test the exact same product again since Extreme's tested so good.

Osta unfortunately had the peak at 7000 which neither lab or i can explain and had only 0.73mg of total protein in the vial. I am hoping they discuss this with their manufacturer and come back with a better batch to test or we can re-do the test if they would like.

Please do not turn this into mud slinging etc. The data is clear and evident. If you have direct questions about interpretations of the data etc please feel free to ask and i will respond.

At this point my job with LR3 is done. I think there are a lot of great options out there. I would like to turn my attention to DES. In my humble opinion, DES is even a better compound than LR3 but much more difficult to produce. We are completely out of funds for Des testing. If members would like to donate it would be great so we can do similar testing for DES. These tests normally cost \$1000-1500 per sample but due to my pharma connections, the lab is doing it at cost which comes to ~400 when counting shipping. If members would like to donate please message me so i can send you paypal address so we can carry same testing with DES.

## NUTRITIONAL TIPS FOR A BETTER BODY

Continued from page 5

## GRAIN - GLUTEN FREE - PALEO

For this reason, doctors and dietitians generally recommend avoiding oats unless they are specifically labeled gluten-free. That one stood out as I really do well on oatmeal. Never knew about cross contamination. That I believe is directed toward people that actually have celiac disease. Most of the above comes from Mayo Clinics gluten free diet for people suffering from celiac disease. Many people my family included push wheat ,whole wheat etc. as being really healthy. The body let's us know when we are not feeling at our optimum . Many of us do not tolerate gluten Containing foods very well. I experimented and found I am one of those people.

Recently I had a good amount of family issues to deal with. I put my nutritional needs on the back burner and started eating whatever was available. I still tried to get my protein count in and not eat garbage foods. I did however start to eat some pasta and other gluten containing products. It did not take long for those aches and pains to resurface. I began to get a slightly hung over feeling upon waking. I felt less sharp and began to slowly accumulate bf. Now I'm back to gluten free not grain free. I do not have celiac disease but just don't tolerate gluten well. I still eat rice, sweet potatoes and legumes. When I reinitiated gluten free eating again I began feeling much better quickly.

The Paleo Diet appeared upon my examination to be more difficult to follow as adequate carbs are a bit more challenging to consume. I have no doubt paleo would probably work well if I had the discipline to follow it carefully. Grain free worked but I needed a bit more low glycemic carbs to work with. My protein requirements increased and grain free calls for little animal source protein. Gluten is the one for me as it is not too difficult too follow and I get everything I need to train and recover well. I feel really good with no gluten and it has improved my joint and digestive issues. If you have joint inflammatory issues or just want to see if you can feel better than you do at The present you may want to try a short trial and see if it benefits you. I thought it was all bullshit till I tried it and it helped me in many ways. The grain free diet calls for a large amount of fresh fruit. I have found that sweet and juicy fresh fruits trigger my hunger and make it difficult to not "stray" and binge eat. That is one more reason I opt out of that diet. Hope this may help some of you out there feel and perform better. Until next time, happy eating and happy training ~Turbobusa

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# SUPPLIERS CORNER

WITH  
THE

# Q&A RENEGADE



In Issue #2 of the AnaSCI Newsletter we featured part one of a two part interview with IPGEAR. What follows is the conclusion of this no-holds-barred, uncensored interview.



AN INTERVIEW WITH

# IPGEAR

PART II

# SUPPLIERS CORNER Q&A

## WITH THE RENEGADE



## INTERVIEW WITH IPGEAR PART II

therenegade: We're back again for another issue of the AnaSCI Newsletter! Once again we have IPGear with us to finish our interview from the last issue. Thanks again IPG for taking the time to sit down with us today.

IPGear: No problem. We hope that the readers enjoyed it and was able to take something away from the previous newsletter. We know we enjoyed reading the other articles and interviews of the newsletter. It's a wealth of knowledge.

therenegade: Yes these newsletters just keep getting better and better! Old guys like us find something new in each one that we never knew. A lot of great contributors from the ones writing the articles to the ones giving the interviews!

Ok, so let's get back to it then, shall we. I will try to make the rest of this interview quick and painless and let you get back to your work.

IPGear: We are ready. But before we get going I would like to touch a little more on the scammers, particularly the Geneforza and the "peptide guru" Osiris affairs.

We have been doing this for a very long time and have seen pretty much everything this business has to offer or throw at you at one time or another. We have seen scamming sources, scamming customers and scamming remailers.

It takes pretty good guys to play this game successfully for as long as we have been doing it. Guys who honestly face their circumstances, and don't take money for product they don't possess. We have no sympathy for guys who chose to scam rather than be honest and step up.

Personally knowing the two guys GF owes \$60K and the 6 months of deceptive responses from GF as well as all the excuses and misdirection that he and his reps continued to give members regarding their orders shows the type of people that are in this business now. When all was said and done GF made a good moving-on fee of over \$100k. Not a bad amount for being nothing more than a scammer. And to be honest to all the readers out there, Sky\_Cowboy was one of GF's remailers, so anyone that is wondering what happen he may be a good place to start looking for answers. GF was always speaking poorly of Sky\_Cowboy stating that he was always complaining about being broke, so hopefully GF was kind enough to share some of the profit with him.

As for Osiris. Norman Smallwood preached God about as highly as he did himself. Has a large group of followers (friends), who believe his every word. As we have always been told, "If you give a person enough time, they will show their true colors!", and that is exactly what he did. Norm showed where his faith lied - in greed, deceit and constant lies. When all was said and done good ole Norm got over on at least 3 suppliers that we know of for about \$300k+ worth of product. Not to shabby for a man of faith and God. Yet his friends continue to back him to the end?

My opinion: The world has always been filled with more compromisers than not. Not sure why! But if you find someone who isn't? That's a very special thing. It requires a belief beyond yourself or your phucked up friends. It ain't natural! But its the only way I know to go! Keep seeking the higher ground, the natural ground, and you will see something no one else will ever see. Someone who sees you are special. I love IP for this reason!

And for all of Norman's "friends" out there that are backing him, believing he had no other choice then to do what he did - We have a nice little tidbit for you! But we will save that for the end of the interview!

therenegade: Yes Geneforza always came off as a used car salesman. Never liked that guy. Always running the same scam that has been plaguing the boards for some time: stop sending orders but put out the quick "Can't Miss" sale to grab as many more customers as you can before word gets out that you are not delivering. Seeing this a lot more with sources lately and it is getting tougher for the customer because there are so many "trusted" members repping for these sources for their free product that members have no reason not to trust the supplier. I like the new rule about reps being held accountable for the actions of their chosen sources to rep. Should put a little bit of balance back into things once some of these long time vets get banned for being as shady as the sources they are working with!

Personally I never trusted Osiris (Norm), he has always been a shady character. Going back to the beginning of the bodybuilding internet, guys like us have seen every type of "guru" there is out there. People always fall into their web of bullshit. Osiris is a piece of shit in my book and I have no respect for anyone that stands behind him or his actions. His entire group is filled with snakes as far as I am concerned, I wouldn't trust any of them. All of them knew what he was doing. Shit here is a quote by one of his buddies (a well respected member) who knew everything Osiris was doing:

Continued on Page 13



# SUPPLIERS CORNER

WITH  
THE

# Q&A



## INTERVIEW WITH IPGEAR PART II

*Continued from Page 12*

[Big O...if you see this just know you have friends. I hope all is well;)]

Wonder if his quote would have been different if he was one of those countless customers waiting for their order that Osiris burned them for? Even had the nerve to add in the little 'wink smiley' obviously because he knew the situation going on. But that is the new group of "trusted" members on the boards now. They will rep for anyone for free product, bullshitting members out of their money just as long as they get their shit, backing scumbags like Norm because he didn't screw them over so they do not care. Really trust-worthy?? The regular members should really take note to this and not be so blind when trusting these clowns just because they can build some muscle. Having a physique or making some bullshit posts doesn't change the type of person you are!!

IPGear: Well it is not for us to judge their decisions or actions. We leave that in the hands of a higher power. We truly believe that there is a God and that he sees everything. People make their own choices freely, they are the ones that have to live with the consequences and have to look in the mirror at the person they truly are, not the person that they would have others perceive them to be. Unfortunately it is just as easy to lie to themselves about who they are as it is to lie to the world. Very sad!

therenegade: Well said, very true!!

Ok, let's get off that subject for a bit as it just sickens me to even think about people like them!! Those are the ones that deserve to be busted not the guys that are staying loyal, providing a service that keeps those pieces of shit able to continue juicing in the first place!!

Let's talk a little about payment methods. Most long time sources accept only western union or money gram or some other secure form of payment but now you see guys popping up accepting paypal and credit cards. Is that something you are okay with or do you shake your head at it? I mean isn't that a huge paper trail?

IPGear: Western Union and Money Gram remain our first and only choices today simply because we are unwilling to risk the exposure that comes with other methods. We will not consider an alternative until we have to and as it stands today, we don't have to. I suspect you are right about the paper trail and if that's at all connected to you personally you are way out there on the limb.

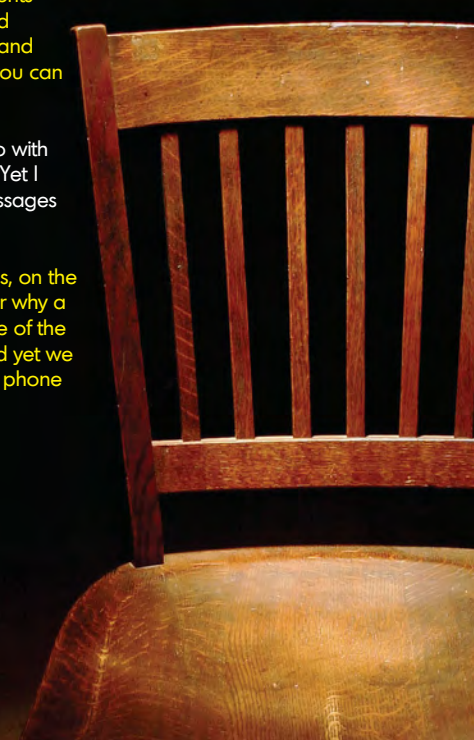
therenegade: I completely agree. I have even noticed more recently that some of these new sources are even using their real details when sending payment info to their customers.

IPGear: Now that has to be the most foolish thing you could ever do, period. You have to always continue to minimize your risk and that surely does not accomplish that. That in fact is going in the opposite direction! Phuck, paypal is bad enough considering that it must be attached to your bank account which is a big enough paper trail but now you take out any leg work that LE has to do by providing your real details?? Only a matter of moments before you go down doing something like that. And again it will be the customer that pays the price because in the end those outstanding orders will not be shipped and there is a big chance that LE will end up with that source's computer and everything left inside because let's be honest, if the source's operation is so flawed in the payment pickup department you can safely assume that their computer safety protocols are even worse.

therenegade: Again, I completely agree. Commonsense is lacking greatly in this new school source and has much to do with the "entitlement generation" thinking they are untouchable. I mean everyone knows LE is all over the boards, plain fact. Yet I read through some of these sponsor threads and see the sources 'reps' talk about texting the source sending them messages discussing orders and such. How absolutely careless can you be?

IPGear: See we have always made it a point to never bother following what any other source does with their businesses, on the boards and in their lives. Too many things that you can just shake your head at and we do not have the time to wonder why a person does what they do. None of the partners in IPG can identify any of the others and that is how it should be. None of the partners handle gear anymore and are in the safest position that this job can possible offer (if there is such a place) and yet we still have protocols set in place to continue minimizing risk. Texting is a major risk, no two ways about it. And giving your phone number to a person that is not even in the core of the group to begin with? Another recipe for failure.

*Continued on Page 14*



# SUPPLIERS CORNER Q&A

## WITH THE RENEGADE



## INTERVIEW WITH IPGEAR PART II

*Continued from Page 13*

therenegade: Speaking of other sources, most of them have remailers, international guys especially since they need some type of domestic business, because lets face it, getting things through customs isn't easy. You need to be really creative to get things to pass through, how do you pick and choose your remailers? You hear a lot of stories these days about remailers ripping off sources. A few sources have closed shop recently because of this? Do you have remailers and if so how do you make sure they stay in line and don't try to rip you off?

IPGear: Yes its our remailers that do the work and incur the greatest risk. Its a crap-shoot no matter how you pick them. To the best of your ability, you screen them for negatives before bringing them on. No criminal record, no local dealing, no other relationships that could interfere with the program, honest, with a good work ethic. About 70% of the time, you can find good guys and have a win-win relationship. But a dishonest, incompetent, rec-user, or local seller can hurt or destroy a program. You minimize your risk by controlling inventory levels and when the decision to terminate is made you most likely have to whittle away their inventory as far as you can, and when it becomes obvious to them what you are doing, try to negotiate out a settlement. Like any other business, there are sometimes high costs associated with terminating someone. They should be well paid, given as good of an orientation as possible which should include protocols for remaining as safe as possible working in a shipping and receiving capacity.

therenegade: I've been around so long that I have heard a lot of crazy stories regarding IP. That he has had to move numerous times because LE was closing in on him, that they had his family and he had to ship out from middle eastern countries because he couldn't go back to his homeland because he would be arrested on the spot? I even heard stories that he had been killed or died a few times. Just really crazy things over the years. When you get as popular as the IP brand, there are going to be some haters that try to bring down that brand. Are any of these stories true?

IPGear: I guess if anyone would know the truth about the rumors we would, but we don't. The man we talk to today is the same man we talked to in the Renegade days, so it has been the same person since the late 90's. What we know about IP is he's first and foremost a good man and shares many of the values related to the business we do. Over the years he has helped a number of us and never asked for anything in return. He has brought more high dosed product to the domestic market than anyone else. He however has mellowed some, but because of his inability to trust others within his own program, he often truly works 18 hour days and his home life over the years had paid a high price for his involvement. The haters will never appreciate how much he moves, how few complaints he gets, how hard he works, or how big his losses are when they occur. The haters also never appreciate that their negative comments are thrown in with about 50,000 positive customers comments and whether you are talking product or service they just don't amount to much in the big picture.

therenegade: Now actually getting to the gear itself. IP is the original underground brand. So much so some guys have proclaimed IP the king. I have to say I'd somewhat agree with the assessment since the IP brand has been around so long and has been so successful, how is the quality control of the IP brand these days?

IPGear: Its all manufactured and bottled in China today and it has a complaint rate somewhere around 1% in our program across the product line. Gone are the days of filling in our kitchens. Since about 2005 we have only seen finished product. Having said that, there are bumps in the road. In September customs was screening for glass and IP lost almost everything he shipped. Therefore in an effort to survive, which is the bottom line, sometimes, he changed over to a medical grade HDPE - High density Polyethylene, unbreakable vial that is no longer glass. The HDPE used in these new vials costs a lot more then glass vials and they have to be specially ordered but the up side is they cannot be copied at this time. These are the types of changes being implemented that has kept IP and ultimately IPG in business for so many years. So you will be seeing the entire IP oil line changing over to these new HDPE vials over the next few months. But when someone criticizes the method or the material, please keep in mind that when most all others have gone under over the years IP has continued to survive. He knows the market and he knows what needs to be done to stay a head of the game. Customers don't like change but need to understand in this business if you don't continue to change with the times then you are doomed to fall into LE's hands at some point.

therenegade: The reason I asked that question is because over the years people have had mixed reviews as all sources do. I mean you can't keep everybody happy but if IP didn't have great gear IP wouldn't still be in business. What do you see as the most popular sellers as far as product goes these days. Is it still the king of the roids, test, deca, and dbol or have more of the exotic steroids taken over?

IPGear: Most all the BD line whether tabs or oils are pretty much complaint free and in many cases they get heavily promoted. Our customer comments in the sponsors sections on the boards and elsewhere reveal that there are few negatives reported by our customers. QV rates about that high although the 25ml BD vials are a better value and therefore we sell three times as much BD. The ancillaries are IP and I do not remember complaints about them beyond something like Cialis which unfairly gets pinned as the problem when someone cant get it up. We don't censor our threads so they really do pretty much represent our customers experiences and feelings about the service and the products.

*Continued on Page 15*



# SUPPLIERS CORNER Q&A

## WITH THE RENEGADE



## INTERVIEW WITH IPGEAR PART II

*Continued from Page 14*

therenegade: Speaking of taking over, tell me a little bit about the decision to take over the QV Mexican brand. Rumors and stories have stated that IP actually bought the license for QV and some have stated that they just decided the counterfeit the labels. What the real story and why when IP is their own successful brand decide to take over a Mexican brand? Why QV and not Denkal, Animal Power, or even Ttokkyo. (Disclaimer: hell some guys reading this are so young they don't even know who Ttokkyo was.)

IPGear: Only 3 or 4 guys in the world know the truth and we or anyone else commenting about it do not. I personally have never asked IP as it never really matter all that much to me. Its a mute point really, as the Mexican brands are long gone and (The Real?) BD has come and gone over the years a couple times. When they are operating, they get mileage I assume by claiming theirs is the real deal. But you would have to be pretty naive not to know that our customers over the last 8 years have voted over and over again with their wallets. We don't keep track of anything but our own program, but someone much wiser than me once said: testosterone, is testosterone is testosterone, whether its from, US, Europe, Mexico, China, or anywhere else. That's not entirely true, but in regards to the above question its been born out over time.

therenegade: So what can we expect from IP in the future?

IPGear: Pretty much what we have always done. Its a business that could be gone tomorrow. Its a hard business, people and their families get hurt. But the discussion of whether steroids are good or bad we leave to others. For us, its been the best and the worst of times. But isn't that everyone's life?

In addition, as we tried to say above, there's not a better community in the world that we would rather be associated in business with. God Bless and protect it!

therenegade: Well I don't want to take up too much more of your time. The readers really will appreciate you taking the time to answer these questions. A couple more questions and then we're done. First what is a normal day for IPGear?

IPGear: Today its someone managing the account from 6am - Midnight. In the evening orders and payments are assigned. That's the customers service part and I will avoid sharing what a shipper's day is like. I am sure your readers have a fairly good idea. They are the ones who make it all happen. The rest is more of a facilitation, albeit the most time consuming which takes away from our real lives and time with our families as we are in the accounts for most of the entire day and night.

therenegade: Yes I would assume with you guys being at the top of the food chain that there is not much down time for your real lives.

What info do you have to share for all of Osiris' (Norm) friends out there reading this today?

IPGear: Just a word of caution for anyone affiliated with Norman. As Norm is aware there are people that have been watching his every move very closely. We have been informed by a source that Norm may not have scammed those sources because of a relapsing drug problem that left him owing the wrong people as he is so willing to inform people but that he was in fact busted and is cooperating with LE, which is why he is trying to move bulk product for \$1000 a pop, so that LE can start investigations into his "co-conspirators". We have not been given any details so take it for what it is worth but when you are busted with as much product as Norm has on hand, especially working for as many sources as he was at one time, you are left with few choices and his was to sign that CI agreement pretty quickly. So it would make sense that once he was backed against the wall and made the choice he did you have two options:

1) Let people know that you have been busted and are cooperating. In-which case people will no longer respect or trust you. All your friends are lost and the rep you worked so hard to build is nothing more then some meaningless posts on a message board.

2) Come up with a story that people can relate with and understand. You have a drug problem that you were able to control for a long time, you relapsed and ended up placing yourself in a situation that left you no other options at the time. Friends and family will understand that better. They will not like or condone the decisions that you have made but over time they are willing to forgive and forget.

*Continued on Page 16*



# SUPPLIERS CORNER Q&A

WITH  
THE RENEGADE



## INTERVIEW WITH IPGEAR PART II

*Continued from Page 15*

IPGear: Of course if you are already a liar and lack the morals to do the right thing in the first place, option 2 is a no brainer. Which would be a reason why he was having the Moderators contacted threatening to post their personal information if they did not make it a point to have the sources back off on getting information on him. Again the tip makes sense because why else would you threaten people that were not involved unless you were trying to hide something you didn't want anyone knowing about? Especially if you are informing everyone already that you scammed because you got yourself into trouble with the "wrong people"! Unless to want to keep any real details from coming to the surface, right?

So to any of his friends, which are obviously better friends then he is, as a thief and liar does not pick and choose who they steal from or lie to, they will to anyone at any given moment - Take this for what it is worth and just stay safe and stay aware.

But even with all compromisers out there the interview has left me more saddened then anything else as I recall the price truly loyal guys paid for getting involved. There are some heroes in there. Guys who owned their own shit. You guys know who you are and my prayer has always been, that I too will walk through the fire and not compromise myself. The haters can say whatever they want, but one thing they just cannot pin on me or the guys around me is: That we never compromised our integrity. We haven't, and God willing we won't! At least we can always say with our heads held high that we are not the Osiris' or Geneforza's of the industry. Enough of those now as it is!

therenegade: Osiris wouldn't be the first to do this, remember the Kenny Milne (km2000) days, where he signed an agreement as soon as he was arrested before even being processed. People seem to think because someone has a great build, plenty of muscle mass and a high post count that they can be trusted. Guys need to remember that this is the internet and there are very few true friends made. You will never really know a person until you have seen them face the fire, only then will the truth be made clear!! Osiris is just another piece of shit that has shown who he really is!!

Many great people have fallen over the years. If you stay in long enough, this business is bound to take you in one way or another! I am glad that you have weathered the storms and continued to stay around longer then any other source out there going today. I wish you only the best IPG!

Thanks so much for taking the time to answer these questions. IP is one of the best brands around the world and for good reason! Thanks for giving some of the loyal IP customers a glimpse inside their source.

IPGear: It was a pleasure!

Thanks again to IPGear and renegade  
for bringing this interview to our readers.  
You'll find more great interviews in the  
upcoming issues of the AnaSCI Newsletter.

