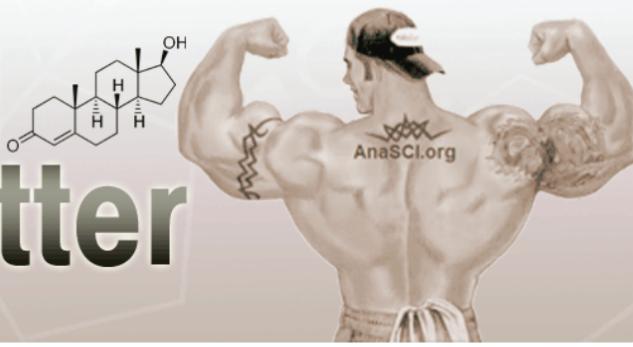


AnaSCI
Newsletter



Anabolic
Science

anabolic steroid . nutrition . fitness discussion

SUPPLEMENT REVIEW

MuscleMeds eNOXIDE

When I heard about the chance to review a product in the AnaSCI newsletter, I was excited for the opportunity and wanted to review something unique and provide an unbiased view of the product.

MuscleMeds is a NJ based company which has as of late received a great amount of exposure thanks to quite a lot of marketing efforts and its numero uno spokesman and endorsee - Kai Greene. Now, I'm not usually interested in many of the hyped up products most supplement companies are selling to get my hard-earned buck. However, much like another company, AST Sports Science, their products seem to be mainly what I would refer to as 'bedrock' supplements. Creatines, glutamines, vitamins, proteins, aminos, carb powders are the core of their product line, not the whiz-bang products that promise unreal gains and promote unreal expectations as well. When I see that, I usually tune out right away.

I had heard about an NO product from them called eNOXIDE which piqued my interest. 1-2 tiny tablets under the tongue 10 minutes before working out. Seemed simple enough. The eNOXIDE compound 2-(nitrooxy)ethyl 2-amino-3-methylbutanoate1 (say that 3 times fast) has some research behind it showing a marginal improvement in performance in athletes working at a certain intensity level.

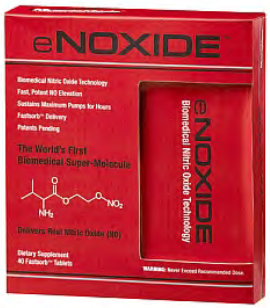
I purchased eNOXIDE at a local Vitamin Shoppe for around \$39 or so and thought the price was fair. Not the \$80 I had heard some other health retailers were pushing it for. So, I threw it in my gym bag and was off the next day to hit some chest.

I usually start my workouts with some warming up on the stairmaster. It helps me to focus, raise my core temperature and I'll go through some mental work before I hit the weights. So, what better time to allow my eNOXIDE to dissolve under my tongue. Not bad. The tabs are in blister packs within small plastic cases resembling a pharma product and your'e directed to take 1 tablet (2 if you're 200lbs, or more). Perhaps MuscleMeds packaging is what drives the price up on this product. It's pretty slick, but I feel unnecessary and sometimes difficult to get open.

Once you've gotten past the packagin, the tablet dissolves pretty easily under the tongue, sort of mealy in texture and somewhat of a raspberry type flavor to it although I can't be sure and I honestly liked the taste. By the time my 6 minute warmup was through, I proceeded to hit the weights. I had no jitters or any of the stim feeling most (if not all) preworkout products can produce, but a rather calm feeling, not tired, just focused and calm in mind but ready to work.

I noticed a very pronounced pump when using eNOXIDE. Sometimes when you're promised a feeling or sensation from a supplement, you look for it, you wait for it "I um...think I feel it now...um..." and find that you focus so hard on it that you're ultimately let down. Not with eNOXIDE thanks to its subtle way of working.

I began to get a very solid pump and I was really able to make a better mind-muscle connection while doing reps. In particular flies. I could really feel the chest fibers fill up when I stretched and I felt for most of the hour or so that I didn't want to stop working. It really just felt so good to have full muscle bellies engorged with blood. They weren't painful pumps, just solid. This however was not the case when I decided to take them for a leg workout. I hit hams and calves first as their a priority for me and my calves ACHED almost from the first repetition. The pronounced effect of eNOXIDE was not even in question during my leg curls and stiff legged deads. My hamstrings were swollen and as I moved onto extensions prior to my squats, I started getting the sinking feeling that maybe it would be too much. My legs were now painfully pumped like mad from the extensions and squatting down was difficult as it was paled in comparison to standing up. Once I found my groove, the pump made my squats solid and it was a great workout, but I think that could have easily ruined it for some trainees.



Continued on page 9

supplier review

HUMANA LIFE GROUP

This months source review I will be focusing on Humana Life Group.

Who is Humana?
Human Life Group (Humana on AnaSCI) is fairly new to my knowledge. JoiningAnaSCI in April of this year as a sponsor. Before that it is my understanding he worked privately with some others through ProM forum.

What do they offer?
Humana Life Group is a UGL. They offer very affordable anabolic steroids. Injectable and liquid orals. I myself have not used Humana but we have managed to pull together some pictures from members that have.

Community feedback on them?
Over the past 3-4 months the feedback I have seen on them has been stellar. No complaints reported (rare these days). Many long time guys that I know, that have high expectations, are saying they're legitimate.

Where can you find Human Life group? At www.AnaSCI.org

Final notes-
My advice is the same as with any new(er) source
Order small at first to test the waters. Establish some trust with one another and a feel for how things will work.
And most importantly remember to never break the laws in your country!.



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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.



chemical conversions

ACCURATE CAPPING

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.

Although there are easier methods out there when it comes to capping orals they produce results that are somewhat less than accurate. I decided to write this article to show you step by step how to produce caps with a high level of accuracy. Credit goes to AnabolicMaster, ColdStone and Lozgod who helped make this possible.

Items Needed For The Process

1. A capping device and empty gel caps. The two most popular capping devices are the "Cap-M-Quick" and "The Capsule Machine". The cap-m-quick does 80 caps at a time but you have to manually join the caps by hand. The capsule machine only does 24 caps at a time but automatically joins them for you. Both of these devices can be purchased to use either size "O" or "00" caps (size "O" caps are smaller than size "00"). I prefer the capsule machine and size "O" caps, but either device in either size is fine.
2. A scale to weigh the powders you'll be using to make your caps. I recommend either the Palmscale 5.0 which is accurate to 0.1g and has a capacity of 200g (cost approx \$60), or the GemPro-80 which is accurate to 0.002g and has a capacity of 10g (cost approx \$180).
3. The powdered version of the compound that you plan on capping. Oral compounds such as Anavar, DNP, Clomid, Dbol, Nolvla and Winny make good capping choices. However compounds such as Clen, T3, Femara and Arimidex should never be capped because of their small dose amounts and the inherent inaccuracies of the capping process.
4. A powdered filler that will be used to take up the space in the caps that the active compound doesn't. Almost anything can be used as a filler, Protein Powder, Baking Soda (Sodium Bicarbonate), Corn Starch, Flour, creatine, Lactose, glutamine, etc.
5. A mortar and pestle to thoroughly mix the active compound and filler together. Many compounding pharmacies use a mortar and pestle to mix their ingredients together for capping and if it's good enough for them it's good enough for me.

Now that we have everything necessary to make our caps here's how we do it. For the example below I'll use the capsule machine to make 48 caps with 100mg of your Supplement (active compound) and protein powder(filler).

1. Load 24 empty caps into the capsule machine, then fill all 24 caps with protein powder(tamping powder if final caps will be tamped).
2. Empty all the protein powder out of the capsule machine and weigh it. Total weight = 17,160mg
3. Divide that weight (17,160mg) by the number of capsules (24) to get the total weight per cap. $17,160\text{mg} / 24 = 715\text{mg a cap.}$
4. Repeat these steps with the supplement powder. Total weight = $11,760\text{mg} / 24 = 490\text{mg a cap.}$
5. Now we need to figure out the ratio of supplement powder to protein powder.

100mg supplement = Unknown mg of protein powder
490mg supplement = 715mg protein powder

$(100\text{mg supplement powder} \times 715\text{mg protein powder}) / 490\text{mg supplement powder} = 146\text{mg of proteoin powder}$ (this is the Unknown mg of protein powder, and how much must be removed to make space for 100mg of supplement powder)

$715\text{mg protein powder} - 146\text{mg} = 569\text{mg of protein powder}$ (this is how much protein powder to use per cap)

$569\text{mg protein powder} \times 48 \text{ caps} = 27,312\text{mg protein powder}$
 $100\text{mg supplement powder} \times 48 \text{ caps} = 4800\text{mg supplement powder}$

So to make 48 100mg supplement powder caps we need 4800mg of supplement powder and 27,312mg of protein powder

This is where the simpler methods fail and give inaccurate results. Different compounds (like supplement powder and protein powder weigh different amounts for the same volume). If we had simply subtracted 100mg from the protein powder we would not have had properly dosed caps, because to fit in 100mg of supplement powder we needed to subtract 146mg of protein powder.

anasci motivation



DiscussWorldIssues
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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).

Phil Smith
1206 Crestmont Dr.
Mantua, NJ 08051
DEA CONTROLLED INFORMANT

Carlton Bair
52 Bradley Street
Lugoff, SC 29078

Johnny Patel
C/O Infoloop
602 Main Street
Belmar NJ, 07719

Jeff Loesch
7 Einsenhaure Lane
North Reading, Mass 01864

Bobby Conneamey
994 Main Street
Woburn, Mass 01801

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!

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

Popeye's Salmon Brunch

Add spinach to a fish dish and you have a powerful vitamin punch. A little smoky flavoring from that Pipe, and you've got taste bud orgasms too.

Introduction

Minutes to Prepare: 5
Minutes to Cook: 25
Number of Servings: 2

Ingredients

4 slices low-fat Turkey bacon
1 pound Fresh Wild Salmon, cut in half
2 T. White Wine
2 T. Maple Syrup
1/2 T. Smoked Paprika
1/2 T. Black Pepper

1 10 oz. Package Fresh Baby Spinach
4 Large Eggs

TDirections

- 1) Cook Turkey Bacon over medium heat in non-stick pan with no oil added. Remove from pan. Do NOT clean pan out.
- 2) Place salmon in pan used for bacon (skin side down). Pour wine and maple syrup over fish, then sprinkle with smoked paprika and pepper. Cover and cook over medium heat 10-15 minutes until done. Baste with juices once or twice while cooking. If juices run dry, add a tiny bit more.
- 3) Remove Salmon from pan and set aside. Do NOT clean pan. Empty spinach into pan, stir and cook 3 minutes until bright green. Do NOT cook it to death. Remove pan from stove and set aside.
- 4) In a SEPARATE, clean pan, cook 4 eggs. I prefer them sunny side up, but you can also choose to make them "over light" or "over hard."
- 5) Layer your plate: Spinach goes on first; fish on top; 2 slices of bacon on top in an "x" pattern; and two eggs on top of it all. Salt & Pepper on eggs if desired.

Serving Size: Makes two average servings (I can easily eat both in one sitting,however)

Tips

- 1) If pan is overly dry when adding spinach towards the end of the process, just add a touch more wine and/or syrup and scrape the bottom of the pan.
- 2) Make sure you use REAL maple syrup (NOT corn syrup)
- 3) Use SMOKED Paprika (not standard paprika).



anasci
recipe of the month

Nutrition Facts (Per serving - based on two servings)

Amount Per Serving:	Vitamin A 280.3%
Calories 600.6	Vitamin b-12 131.2%
Total Fat 27.1g	Vitamin B-6 129.2%
Saturated Fat 6.4g	Vitamin C 67.1%
Polyunsaturated Fat 8.8g	Vitamin D 20.0%
Monounsaturated Fat 9.5g	Vitamin E 13.4%
Cholesterol 512.3mg	Calcium 24.3%
Sodium 536.1mg	Copper 49.1%
Potassium 2,143.5mg	Folate 97.4%
Total Carbohydrate 20.5g	Iron 47.7%
Dietary Fiber 3.5g	Magnesium 51.7%
Sugars 12.9g	Manganese 106.9%
protein 63.9g	Niacin 119.4%
	Pantothenic Acid 44.5%
	Phosphorus 88.4%
	Riboflavin 101.2%
	Selenium 153.8%
	Thiamin 49.2%
	Zinc 33.5%

TRAINING TIPS

AND TECHNIQUES

I would like to go over a few training theories I have learnt/developed over my lifting years. Firstly there are 1001 effective ways to train. Everyone is built differently both physically and psychologically. Therefore, experimentation is what I recommend to find out what training style(s) are most effective for you. Here are established training systems for a reason. Generally certain training approaches are more effective than others and as a result most bodybuilders follow similar programs. However over time and learning about your own body I think no one is better educated than yourself when it comes to your training. The key is listening to your body and making note what works for you. Don't just follow a system and try to fit your body into that system. Create your own training system for your own body. If deadlifts hurt your back regardless of weight or hack squats hurt your knees then simply don't do them. Don't do things just because some stranger online or flex magazine tells you it's essential.

Knowledge of your body comes in time so if your new to this try the many training styles. Most importantly give each one enough time to effectively access it. Generally I believe in frequent training using low volume each gym session. However I feel when cutting or getting ready for competition rotating in a higher volume approach using short rest periods is most effective. No matter what style I feel intensity should always be high excluding deload periods. Intensity doesn't have to mean a silly amount of weight but simply pushing yourself beyond what you perceive to be your limit. I see many lifters in the gym and their minds give up far before their bodies do. Every time I go to the gym I look at it like a battle to make my body grow. I visualize my body growing when I lift and I battle for every rep I can get. Your mind is everything in the gym and you need to train it to enjoy the pain. When I refer to pain I don't mean anything that is unsafe or damaging but simply getting in the zone where you can push out those extra reps. This is why a good and trusted spotter is extremely important. Added to that hammer strength equipment and other pieces that allow you to push your limits without putting you in an unsafe position.

I reiteration there are 1001 ways to effectively train. You don't have to kill yourself in the gym to gain muscle. On one side you have one of the greatest bodybuilders ever (Lee Haney) who used to say 'stimulate don't annihilate' and that is completely true. On the other side you have Ronnie Coleman performing reps with 800 pound deadlifts 6 weeks before the Olympia. Sure Ronnie didn't train that way all the time and a lot of it was for the cameras but you won't see anyone else lifting that sort of weight at that time. Both mentalities have their pro's and cons. Fact is the guys who regularly lift huge poundage for reps are usually unmatched for density and thickness. Whilst on the other side they guys who don't push the weights tend to experience fewer injuries and have longer careers.

Progressive overload is key if you want to continue to make gains. Our bodies adapt fast so we need new stimuli in order to keep shocking our body into new growth. This can be done using a variety of rep ranges, poundages and techniques to get the most out of your training. Most lifters neglect higher rep ranges thinking they are only good for shaping and that is nonsense. A bodybuilder should incorporate a variety of different rep ranges. By doing this development of new muscle tissue can be maximized. It will only add to your training and you will learn more about your body. It will also help train your mind to go past certain barriers. I know a lot of guys who can squat or leg press a lot of weight for say 8-10 reps but ask them to do lighter weight for 30 reps and they fall apart. I use high reps especially for leg movements as we are constantly on our feet and the main leg muscles are very strong and durable. In general I feel low and high reps with as much weight as possible utilizing different variations of squats and leg press are the key to building bigger quads.

In general I look at lifters strength endurance as a big tool to help towards their physique progression. We can't increase weight every single week otherwise we would all be bench pressing 400kg! High rep ranges are also a good tool for stimulation whilst giving your joints a rest from the heavier weights. Another great tool to use are pre exhaust methods when training. A good example could be when performing various sets of isolation work for your hamstrings and quadriceps before performing a movement such as squats. Your body doesn't know it is lifting 500 pounds and if you pre exhaust you could lift half of that with similar results. This is a great way to help prevent injuries and damage to tendons and joints etc.

There are numerous other techniques that can be used to improve your training and to simply keep things more interesting. I like to play about with different angles, rep speed, rom and time under tension. Every workout is never the same with me. Increasing weight and rep ranges as discussed is a simple way to look at things but then the way you lift during every rep can make a huge difference. At times every rep should be made to be as hard as possible. There are many guys who lift a lot lighter than many think they would but the difference is they lift with full concentration. They squeeze the muscle from the top to the bottom. The negative is usually very slow and controlled allowing for greater time under tension. That brings me onto another style that can help many break plateaus and overload the muscle in a new way. I recommend readers to try negative/eccentric training. This is when you choose a weight that is slightly too heavy for you to perform a full rep with. You then have a partner help you bring up the weight (concentric portion) but they don't assist during the negative portion of the lift. This is when you are strongest and you can control more weight. Moreover eccentric training will cause more muscle fiber damage, requires less energy, creates an anabolic response and as a result more overall muscle hypertrophy. Obviously you can't do this with the likes of deadlifts but it's possible for most exercises. You don't even need a partner for certain arm and leg exercises.

The different training techniques should be played about with to offer varied stimuli to the muscle. Another example of a training technique is the inclusion of partial reps. Jason Huh is known for utilizing partials and whilst I think his are too partial they are obviously working for him. I urge some of you to add in a few partials sets to your training when using heavy weights. Partial reps are another useful tool to add intensity and muscle fiber recruitment. A good example of this could be lying leg curls and if you fail at say 15 reps you start using a partial rom to get more reps until you can't lift the weight at all. I recommend all of you to play about with your training to keep things fresh and keep your body guessing. This could be started by performing different rep ranges than your used to. Then further added to by utilizing negatives, partials, faster and slower rep speeds and increased time under tension.

Through experience we all should establish a great understanding of how our bodies work but only if we listen to them. Over the years I have come to the conclusion most bodyparts need to be treated differently. I like to work in the 8-20 rep range for most movements but will sometimes go higher. The higher rep stuff is very common with leg training. Look at the likes of sprint cyclists as many have a mazing legs. Most of them do weight train and primarily their lower bodies. However some of the leg development you see is incredible and they cycle for hours a day. I believe the constant hours of working the muscle and the explosive power needed for sprinting are the main factors. I am not saying we should all cycle everyday but it definitely shows me possibilities in my weight training to help create big and lean legs. Male ballet dancers show me even more how leg training doesn't have to be 8-10 reps with as much weight as you can lift. Many of them have great overall leg development but especially their calves. All that time on their tip toes and explosive jumps for hours a day are the main reasons. By putting together everything I see it has assisted me in the development of a training plan to help my rubbish calves grow. I should add everything is genetics and if you have good calf genetics for example any sort of stimulation will make them grow. Regardless of genetics you can always change your training for optimal gains and that's what I have personally done and am finally making worthwhile progress.

So many guys do the same thing day after day in the gym. If your progressing then great but if you have stopped I urge you to change and try new things. Be creative and have fun with your training and think outside the box. A good example of thinking outside the box are the giant sets Milos Sarcev has people do. I was once in a rush so decided to do about 15 back movements as heavy as I could go with no rest in between and I have never felt so pumped and well trained. You need an empty gym for that but there are countless other possibilities. The art of training is slowly being diluted in the modern day so just wanted to give a few thoughts and how you can keep your training both interesting and productive. If you have any questions feel free to contact me on the forums.

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NUTRITIONAL TIPS

This month I wanted to talk more about nutrition as many of us in this game focus a lot on anabolics and training but sometimes nutrition gets placed on the back burner. Specifically this article will be about healthy fats, Omega-3 from Fish Oil. Fish Oil has numerous benefits and also we will talk about what to specifically look for and stay away from in a Fish Oil supplement.

Probably the most important benefit of Fish Oil is its ability to reduce inflammation. Inflammation in our bodies is the cause of numerous diseases and chronic issues many people face. Here is a list of just some of the benefits:

- **Reduced psychological distress**
- **Improved brain development**
- **Reduced symptoms of depression**
- **Enhanced eye health**
- **Reduced body weight (from overweight/obesity)**
- **Increased skin health**
- **Diabetes support**
- **Reduced inflammation**
- **Possible reduction in infant allergies if used during pregnancy**
- **Possible reduction in chest pain (acute coronary syndrome)**
- **Reduced age-related sight loss**



While it hasn't been proven hundreds of studies suggest that Fish Oil may provide some benefits to a wide range of diseases: cancer, asthma, depression, cardiovascular disease, ADHD, and autoimmune diseases, such as rheumatoid arthritis.

You might be asking yourself why use Fish Oil and not other sources to get your Omega-3's? Many products in stores are currently being featured as high in omega-3. Before reaching for products with this label claim, be sure you're looking for the right type of omega-3. Plant sources of omega-3 are usually high in an omega-3 fatty acid called alpha-linolenic acid (ALA). Certain animals are good at converting ALA to two additional omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexanoic acid (DHA). It's DHA and EPA that provide many of the benefits omega-3 fats are known for. Unfortunately, humans are not very good at converting ALA to DHA and EPA, which is why it's best to look to fish oil for your omega-3s. Flax and other plant-based sources of ALA have additional health benefits beyond the omega-3s themselves, so don't eliminate them from the diet. If you avoid all animal foods, flax is the best plant-based source of omega-3s. Just understand that flax is not the best source to meet your omega-3 daily needs, fish oil is.

Eating fish, specifically salmon, can be a great way to supplement your Omega-3 but it does not compare to taking a Fish Oil supplement. Wild Alaskan Salmon is one of the best food sources of EPA and DHA, but it is still difficult to take in enough from salmon alone, even if it's eaten every day. But beware not all Salmon is equal when it comes to their lipid profile (Omega-3's). There is a big difference between Wild Alaskan Salmon, which eat their natural ocean diet, and farmed salmon, which are actually fed grain as part of their diet. Changing the salmon's diet significantly changes the quality of fat in the salmon. A typical salmon steak provides about one gram of combined EPA and DHA, which can be found through supplementation in 1-2 high quality soft gels. It's best to try to get your omega-3 needs met with both food and supplements. This also brings up a very important point with your Fish Oil supplement and that is to make sure that it is coming from wild caught ocean fish and not farmed fish.

HowToDoInjections.com



CONSPIRACIES

with Lex

[[Pensions Conspiracy? You decide.]]

I had an American History teacher in high school that always said the same thing over and over. "Don't be a B pack of beer and peanut guy". He meant as you get older and get a job don't just settle and be a guy that stops at the 7-11 on the way home and picks up a B pack of beer and a bag of peanuts and sits in front of the TV being brain washed. It was really excellent advise.

This guy was a very well off. He went to college in the 60's then started a few different businesses that made him wealthy. He was very well involved in local politics then decided to try and touch young people teaching American history in high school. Where am I going here?

Well recently the city of Detroit declared bankruptcy. What do you think will happen to all the people that landed a city job and thought well that's it I got it made....20 years and I get my retirement, pension and health care. Let's stop on the way home after my 7 hour shift and 30 min union meeting to grab a B pack of beer and a bag of peanuts. I'm all taken care of.

How many of you, me included, have worked for a company that has either gone out of business or has been bought by a larger company? It's just getting worse. The point is you can't be that guy anymore if you ever were. These companies and government entities can't afford to do business with the massive cost of retiree benefits. You MUST for your future and more importantly your family's future continue with a personal and professional growth plan, continually making yourself more skilled in your field, more valuable, ready for the day your company is bought and or is out of business. You have to have your own pension plan in place. You just can't count on anyone else to do it for you.

Who is going to buy Detroit? Well I can already see this one coming, my tax dollars. Then how many cities will follow suit after this precedence is set?!



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Renegade

SUPPLIERS CORNER Q&A

WITH THE RENEGADE



AN INTERVIEW WITH I-V GEAR PART III

Well my fellow meatheads here we are back again for a patriotic July edition. You guys have been treated with two awesome months of interviews by our man IsoVet and this month we wrap up our interview with him. This interview has been nothing short of in depth and I really want to take a moment to extend my gratitude to IV for taking the time out of his bust schedule to sit down with me and talk about this side of the business. I know its not easy for sources to talk about things because they don't want to put any kind of info out there that may hinder them in anyway but every source we interview has been top notch in that regard. With that said lets waste little time with the pleasentires and get right into part 3 and the final installment in the IsoVet series. Enjoy meatmonkies.

Renegade: Last month we left off with the question of what are some of the biggest issues you run into.

IV: Well... it ranges from alot of things. I think the biggest issue and I can't speak for every source, but for me its timing when my new stock arrives so that I don't run out. Usually I do run out before I get more in which causes down time.

Renegade: Well from all reports the Iso Vet brand is more popular than ever. You must run out th eminite you get more in.

IV: Funny you say that because I have had that happen more than a few times. I feel bad from some of my smaller clients because they email me everyday asking when I have stuff and then when I post up that I do, everybody comes rushing to get it and it just flies out. There have literally been times where I have only had stock for one day.

Renegade: ONE DAY? !!!

IV: Yes, no joke. One day.

Renegade: Must be nice to see all that green come rolling in.

IV: I work hard for that green. I have to put up with alot. Its not just getting stock in, its answering emails, overseeing production and shipping, coordingation payments and delivery. Its a alot to do. There are days I do not sleep. Literally. See the thing about having it all go out at one time is that you have 50-60 guys or more that order, so you have to have your people pick up the money which now with the new rules at the payment serive places isnt easy anymore so that takes a little bit. Then you have to pack everything up and get it shipped out. It creates quite a cluster fuck sometimes.

Renegade: I can only imagine.

IV: And then I have to play peacemaker because you will always have guys that come late to the party and wont get anything and they will bitch and moan that they have been waiting for 2-3 weeks or however long and now they have to wait longer, and its not my fault but I have to try to smooth it over.

Renegade: More like babysit right?

IV: No I wouldn't go that far but I will say that you have guys now that think things should just come to them with the snap of a finger or that this is nothing and has no repercussions. I have had to tell more than a few guys to go kick rocks because I either A) didnt like thier attitude towards me or b) I felt they were careless and were a liability.

Renegade: I bet that didn't go over well.

IV: No it usually doesn't but thats the way it goes. When I tell them to get lost they usually bitch and moan, cuss me out, or cry.

Renegade: Wait...did you say cry?

IV: Oh yeah. I have guys send me mail where the tone of the mail you could tell they were crying. But hey safety is safety and if I feel you are a liability you're gone. Im not going to jail or getting busted for anybody so they can get thier few bottles of test. Fuck that. Let me tell you something in all my years of watching this game. People always say how a source is the " man" when things are going good but when shit hits the fan they all of sudden become personona non grata. There are no friends in this game. Only people looking out for themselves. I know this. And this is why I keep everything strictly professional which is another reason why I do not care if I kick a guy to the curb. It's nothing personal. Its just good business.

Renegade: Don't forget these guys would dime you out in a second to save themselves.

IV: You know it.

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SUPPLIERS CORNER Q&A

WITH THE RENEGADE



AN INTERVIEW WITH I-V GEAR PART III

Renegade: Thats smart business. Guys reading this should feel better that you take such responsibility for safety. Kicking jackasses to the curb for bing dumbasses is the best policy. I know if my source said that I would feel better at nigh that all precautions were being taken.

IV: We do the best we can but even scumbags can get through at times.

Renegade: So I take it you have had breaches in security?

IV: Here is a little story. There is a guy that was a mod on a very well known board that was busted years ago. He was busted by a local buddy of his. When he was busted he put his story up all over theboard for everybody to read so we knew who the rat was. Turns out the rat was a member of that board as well. So times goes by and the mod is convicted and gets a good sentence that is pretty lienient. Anyway the rat scum goes back to the sewer where he belongs for a while, most likely lurking under some new name. Cut to a few months back. Im answering emails and this guys real name who ratted out the mod comes across in one of my emails. Needless to say I remembered the name. I didn't even say shit to him. I just blocked him and cut off all business with him. He slipped up and used his real name once which he had not been doing prior to that. If he hadn't slipped I would never have known. I didn't want to alert him that I knew who he was to draw any attention to the issue. Just cut ties and thats it. I alerted people who needed to know and that was that.

Renegade: Well after years he probably figured nobody would remember and he could go back to doing what he was doing.

IV: Happens all the time. Sometimes great "Bros" on the forums are scum sucking sewer shit that has worked to gain a new reputation and people dont even know because there are so many new guys that they were not around for the old busts so they know nothing about them.

Renegade: Which is another reason they are so careless.

IV: Right. I turn down alot of guys for business simply becuae they are brand new or they conduct themselves in a way that you can just tell will one day lead them to trouble. When i come across guys like that I just ignore them. I get emails from guys that sometimes dont even sound right. I literally cant even read the sentence they put together. Either is bad english or they are on drugs or whatever the case may be. I don't even respond. I just hit delete.

Renegade: what about products. Any news on anything potentially new coming out soon?

IV: I get this asked alot by guys. I can tell you that we do have a water based test suspension in the works as well as a oral turinabol, and nandralone phenyl prop in the works. Guys have been asking for this for a while and we are always working to make our brand better.

Renegade: Im sure guys will be all over the Turinabol. Thats dbol minus the bloat. Great for guys who want to gain but not look like a bloated mess and the hardcore dieters.

IV: Yes I have used turinabol in the past and thats the best way to describe it. Its really a great compound and we have been working on it for a while.

Renegade: I know you must get asked this alot but when do you think it might be out?

IV: We are looking at a fall release.

Renegade: Can't wait. Listen..I know you are a busy man and have a million things to do so i don't want to take up anymore of your time. I really appreciate you taking the time to do this interview with us. I know the readers have really enjoyed it. Before we finsih this up is there anything you want to add or let the readers know?

IV: Just that the IV brand is always working to become better so that you guys get better results. We believe in getting what you pay for and we are always doing our best to make sure that the quality of the product is there. Also we do our best to make sure that everybody is taken care of but just remember we are people too and we have lives outside of this so please remember that and always god bless.

Renegade: Thanks brother. Its been a pleasure.

IV: Anytime brother.

Well meatheads there you have it. Another great round of questions for IV. I want to take a moment to thank him for taking the time out of his busy schedule to do this interview. It has been a reat treat. Join us next month fellas when we have another great interview with another great source here at anasci. Until then.



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VASODILATATOR
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LIVER AID & B 12
HUMAN KINO
PURE WHI

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SUPPLEMENT REVIEW

Continued from page1

Overall, I was very impressed with eNOXIDE and still continue to use it sometimes. I like it doesn't lose its efficacy after using a few times like many supplements. I feel like I can always depend on it to help me to get a great pump and jolt me mentally when I feel like it.

As far as cons go, the tablets sometimes crack when removing from the blister packs and feel a bit jagged around the edges when they're broken into pieces. Last week, some of the foil went with the tablet and I thought it was just the tablet until after a couple minutes I realized that wasn't a tablet sticking into the bottom of my mouth but some of the foil. I did notice a slight increase in thirst while taking it, but I always hydrate as well as possible, so the thirst was little if any, but was there and I did have a type of cottonmouth a couple times. I wouldn't want that during heavy high rep squats.

I would recommend eNOXIDE as it does what it says it's going to do, a surprisingly solid pump and that will make many take notice and I think create a mental intensity as well.

This product will not make you crank out 4 more reps but you'll almost want to slow your cadence down to feel the blood moving into the muscles. Think of it as a way for your muscles to 'stop and smell the roses' so to speak.

Sources: <http://www.ncbi.nlm.nih.gov/pubmed/21921823>

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