

The "Average Joe" Guide To
Homemade
Supplement
Secrets



For ANY Fitness Goal!

by The "Muscle Nerd" Jeff Anderson

www.HomemadeSupplements.com

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Legal Stuff To Cover My @\$\$...

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Introduction

There I stood, staring frustrated in front of my bathroom mirror, once again trying to flex my scrawny toothpick of an arm in hopes of seeing **SOME** signs of progress for all of my hard work at the gym. My hopes dashed once again, I left the house for my monthly trek to the local grocery store and bought the bodybuilding magazine that had the largest “mutant” pro bodybuilder I could find on the front cover.

Running home into my bedroom as excited as a 13-year-old boy who just found his mom’s *Victoria’s Secret* catalog in the mailbox, I thumbed through it, desperately searching for something (hell **ANYTHING!**) that would give me some clue as to what I was doing wrong with my weight training. I breezed past every single article giving me the same old advice...“eat this much protein”...“do this bench press for this many reps”...yeah, yeah, yeah...blah, blah, blah...bought that supplement...didn’t work...bought that one...didn’t work...didn’t buy that one...” You get the picture.

And then I saw it!

It was a small ad in the back of the classified section that read:

**Tired of trying to flex toothpick arms
in front of your bathroom mirror?**

**We have the natural anabolic
compounds that will finally help you
achieve massive amounts of muscle
with no side effects.**

Legal Steroids!

Call now ### - ### - #####

It was as if the ad were speaking directly to **ME!** And here was the best part...the number to call was actually located in MY home town!

I immediately picked up the phone and dialed. I spoke to a guy who answered the phone. He seemed cool enough...so I stuttered with excitement as I told him about my frustration with not being able to build as much muscle as I wanted to.