

**SECRETS OF
BODYBUILDING**

**Read This
BEFORE
You Do
ANYTHING!**

Read through the forums on the pharmacy site we link to on secretsofbodybuilding.org
On the left look for Blog, News, Updates for good bodybuilding info and gear articles.

Check out forums like Professionalmuscle.com and Intensemuscle.com to name a few.
Get involved, ask questions.

Communicate with the source ask them questions, Yes they are busy , but you are giving up your hard earned money.

SO ASK a few questions-

Are your products human grade ? Vet ? UG ? If UG ask for references on the product.

IMPORTANT What is your resend policy if seized ? (if overseas) I even ask domestics.

What is your (shrinkage) package lose rate.

Ask others on the board Mods, vets , anyone who has been around a while.

If you're not sure of a source on the net, ask, most board members have access to a current scammers list and other of us are members or communicate with members of many other boards.

Always check out:

<http://www.secretsofbodybuilding.org/scammer-list/>

Last but not least never spend what you can not afford to lose. When I started I bought a hand full of small orders from many different sources till I found 1 or 2 I felt comfortable with and stuck with them for some time.

Some sources accept credit card. Thats always a NO for me. Most people recommend avoiding credit card, because it leaves a paper trail to you. Some people like it for the convenience.

It is suggested to only use cash or Western Union.

SOURCE ETIQUETTE

1. Use a secure email address, such as, cyber-rights.net or Hushmail.com, they are free! Some sources may not even respond to you if you don't.

2. Email and ask for a list, where they ship from, etc. Most emails will simply send an autoresponse containing the information you need.

3. Always follow the sources 'rules' for communication.

4. Some orders take longer than others, some can even take up to 3-4 weeks. Don't panic. Don't throw a fit and scream at the source, it will only make it more difficult to deal with.