

Jeff Anderson's Homemade Supplement Secrets- A Review

If you are into bodybuilding then you know the high price of supplements. When you take a look at the information that is provided in Homemade Supplement Secrets, you will learn how to make your own supplements at a fraction of the cost. This book has given people the option of making their own supplements and saving a great deal of money. Moreover, you will learn how to make an even higher quality supplement than you would be able to buy in the store.

That's true, it can be done almost with the same ingredients and the product you make for yourself is of a better quality than the ones available in the market. And of course, all this just for a fraction of the price you pay for a pack of supplement. Jeff calls these supplements "knock-offs" and can be made in the forms of capsules and powders. Sounds good, doesn't it?

[Homemade Supplement Secrets Revealed!](#)

There are trainers who have begun to use this method in their training programs.

There are times when you'll see small supplement manufacturers coming up with their advertisements on the net; you know how they make these supplements, simply by this method. And then they do the pricing and labeling and false claims about the product and its great effects. Ah!! Its ridiculous and all of us spend a hell lot of money for buying these worthless supplements.

It is a known fact that being over-weight is the greatest weakness of a person and everyone who falls into this category will pay with everything they have to loose those oodles of pounds stored in their body; and that's what these companies bank on. Now its time to answer them back, tell them that we don't need you guys, we are well equipped now. I am not trying to tell you that supplements don't work, it does, but that has to be made in an intelligent way. People who make these supplements spread a message of helping the world grow thin and we unfortunately believe them. Bu their sole intention is to fill their pockets and loosen yours.

If you are planning to use supplements to help you lose weight or gain muscle, you must learn all that you can so that you can make intelligent choices about your supplementation. Jeff Anderson will show you how to save some of your money and make the products on your own. For instance, there is one popular supplement that is sold for \$79.90 that can be made in your home for only \$16.85. That's quite a savings and one that I'm sure you could use.

How do the supplement companies get away with the big mark-ups? Jeff's e-book is an eye opener for people who have been blindly purchasing bodybuilding supplements, without knowing the proper composition of the product. Jeff says the marketing companies create hype, from the product to its stated results. Moreover the outrageous prices are a common factor that bothers Jeff.

Having this information available to you might make you a little angry when you consider how the manufacturers are taking advantage of you. The products can have a direct impact on your health and you should know all that you can about the quality of the products that you are buying. You will be an informed consumer and able to make some smart decisions about the use of these products in your bodybuilding or weight loss programs.

About the Author

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