

The Home Supplement Creator's "Little Black Book"

Below is a current list of the best ingredient suppliers located to provide good quality, low-cost effective supplement supplies. These links are current as of the time of this writing but may change at any time without our knowledge.

If you find that any link is no longer active or even if you have located a BETTER resource for any of the supplements below, please send us word at <http://cqcintl.helpserve.com/index.php>

*** * Special Preferred Supplier Notice * ***

All of you overseas "mad scientists" (like in the UK and Australia) may have a hard time finding cost-effective suppliers either locally or by mail order. Not a problem...

I've developed a relationship with a small, but EXTREMELY valuable "ingredient supplier" called "Eternal Now" (listed as www.1kg.us in the lists on these pages) and worked out a special deal with the owner...

Just go to the following special page I have up on my website...

www.homemadesupplements.com/preferred-supplier.html

On that page you'll find the contact information for the owner, Timothy. Now Timothy has some of THE best prices in the world for supplement ingredients AND the best quality (he REALLY knows his stuff!)

Well he's found ways to completely help you save on overseas shipping that will finally make purchasing ingredients do-able!

Just contact him DIRECTLY and he'll knock an extra 5% off of his website retail prices!

Tell him the "Muscle Nerd" sent you!

(No...I don't get a single penny for recommending Timothy's service ;-) Just an extremely valuable tip to help you save even more!

~ Jeff

Supplement	Supplier's Website
7-KETO DHEA	www.1fast400.com
Alpha Lipoic Acid	www.1kg.us www.bulknutrition.com
BCAA (l-leucine, l-isoleucine, l-valine)	www.customnutritionwarehouse.com
Beta Ecdysterone	www.nutrimart.com www.bodybuilding.com www.affordablesupplements.com
Bioperine (Black Pepper Extract)	www.nutritiongeeks.com
Caffeine	www.nutrabulk.com www.bulknutrition.com

Check Out: www.Natural-Body-Building-Tips.com

Supplement	Supplier's Website
Caffeine Anhydrous	www.allthewhey.com www.bodybuilding.com
Calcium Citrate	www.allthewhey.com
Casein Protein (Powdered Milk)	www.bulkfoods.com www.store.honeyvillegrain.com
Citrulline Malate	www.1kg.us www.1fast400.com
Conjugated Linoleic Acid	www.luckyvitamin.com www.nutrabulk.com
Creatine Ethyl Ester	www.1kg.us www.bulknutrition.com
Creatine Monohydrate	www.myvitamet.com www.bodybuilding.com
Cystoseira Canariensis (Brown Algae Extract)	www.bodybuilding.com www.doctorstrust.com
Egg Whites (Powder)	www.store.honeyvillegrain.com
Fish Oil	www.nutrabulk.com
Flax Meal	www.bulknutrition.com www.netrition.com
Fructose (Fruit Sugar)	www.bulkfoods.com www.store.honeyvillegrain.com
Gamma Aminobutyric Acid (GABA)	www.1fast400.com www.1kg.us
Glutamine	www.allthewhey.com
Glutamine AKG	www.bulknutrition.com
Green Tea Extract	www.luckyvitamin.com www.bulknutrition.com www.bodybuilding.com
Guggulsterones (Guggul Extract)	www.vitacost.com www.tattvasherbs.com

Check Out: www.Natural-Body-Building-Tips.com

Supplement	Supplier's Website
Hydrolyzed Callogen	www.luckyvitamin.com www.nutritionexpress.com www.lps1530.com www.allstarhealth.com
L-Arginine	www.nutrabulk.com www.allstarhealth.com
L-Arginine Alpha-Ketoglutarate (AAKG)	www.bulknutrition.com
L-Carnosine	www.bulknutrition.com
L-Glycine	www.bodybuilding.com www.ihealthtree.com www.lef.org
Liquid Amino Acid	www.nutritionexpress.com www.lps1530.com
L-Leucine Powder	www.bulknutrition.com www.nutritionstand.com
L-Tyrosine	www.bulknutrition.com www.nutrabulk.com
Maca	www.therootofthematter.ca www.federalabs.com www.rain-tree.com
Maltodextrin	www.bulkfoods.com www.store.honeyvillegrain.com
MCT Oil	www.bulknutrition.com www.bodybuilding.com
Multi-Vitamin/Mineral	www.bulknutrition.com www.bodybuilding.com
NAT N-Acetyl L-Tyrosine	www.1kg.us www.bulknutrition.com

Check Out: www.Natural-Body-Building-Tips.com

Supplement	Supplier's Website
Potassium Bicarbonate	www.ebay.com www.annapolishhomebrew.com
Rhodiola Rosea	www.botanical.com
Sodium Bicarbonate (Baking Soda)	Any Local Grocery Store
Taurine	www.bulknutrition.com
Tongkat Ali (Longjack)	www.therootofthematter.ca www.federalabs.com
Tribulus Terrestris	www.herbalremedies.com
Whey Protein Concentrate	www.bulkfoods.com www.allthewhey.com
Whey Protein Hydrolysate	www.allthewhey.com
Whey Protein Isolate	www.bulkfoods.com www.allthewhey.com
Yohimbine HCL	www.bodybuilding.com www.federalabs.com www.bulknutrition.com

Check Out: www.Natural-Body-Building-Tips.com