



SUPPLEMENT SCAMS REPORT!

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Introduction

Since the late 1970's, the supplement market in the US and abroad has exploded. There are literally THOUSANDS of supplements out there that are said to help a wide variety of ailments, illnesses, and claim to change your life. In my research over the years, I have come across dozens of scams and deceptive companies that will do almost anything to make a buck.



In fact, there are so many supplement scams out there I could actually write a book about it. Since I don't have time to write a book, I decided to write this special mini report instead, and you can and SHOULD use it as a guide to help protect you from the various unsavory characters and scammers on the internet.

Because these supplements are not evaluated by the FDA (they're not required too!), many of these supplements contain dangerous chemicals and ingredients that can cause a wide variety of unwanted side effects.

In addition, because of certain laws, many supplement companies find "loopholes" to trick people out of their money, all of which I am about to expose here. But first, who am I and why should you believe me?



About Me

My name is Rob Miller, and I started SupplementCritique.com about 4 years ago after I was sick and tired of not finding valuable information online about a wide variety of supplements. Whenever I would try to search for a review of product, I was inundated with fake review sites, biased or incomplete information, and in most cases the review was simply worthless.

My aim is to change all of that. As a full resource dedicated to helping men and women across America find the right supplements, we rate and review a wide range of supplements including weight loss, creatine, pre and post workout, HGH, male enhancement, and much more.

Most review sites in the supplement niche are uninformative, biased, and base their findings on incomprehensive research. Anyone can research the ingredients, read user reviews, and compare pricing about a wide range of supplements, but we take it a step further...Our team ACTUALLY purchases AND tests many of these supplements out, so we give you the full and complete picture about what you can expect from them.

We also allow people just like you to leave reviews of the 1,000+ supplements we've written about so that you can voice your own opinion about them.

I hope you enjoy this free supplement scams report as much as I enjoyed writing it, and if you have any questions you can always contact me at info@supplementcritique.com.

And now, onto the report...

Scam #1 – Free Trials

This scam is probably the most prevalent one that I see on the internet today, and it's been going on for years. It doesn't only apply to supplements, but there are other niches that do it too, including credit reports, ID theft reporting, dating sites, and more.

The Allure of a Better Body



Look Familiar?

Every guy wants ripped, six packed abs, a solid chest and back, and bulging shoulders. We know from years of experience that a good diet and exercise is key to achieving this, **but let's face the facts...we're lazy.**

We don't want to work out (most of us anyway), we want to eat cheeseburgers and pizza, sit around on the couch or roam the internet all

day, and basically do nothing.

You come across an ad on a social media site like Facebook or Twitter about some **“shocking secret celebrities are using to build insane muscle”**, and it sparks your curiosity...so you click the ad. Generally, it goes to a page that looks like this, which is strikingly similar in layout to Men's Health and/or Men's Fitness.

It oozes trust and authority, and a staff reporter who goes by the name of “Bryan Stevens” has a pretty cool article on a couple of supplements he recently tested and got massive results from.

The article is packed with before and after photos of celebrity's like Chris Hemsworth, Mel Gibson, The Rock, Hugh Jackman, and Gerard Butler (amongst others) and the **results appear to be nothing short of amazing.** We see one pic of a fat assed Gerard Butler in a before photo, followed sharply by a chiseled and ripped after photo.

The fact that he is paid to lose weight and probably has a personal trainer and chef, that's not really mentioned here. The editor of this article (Bryan

Stevens) says that Mr. Butler used these two supplements to get the results you're seeing right here.

The Supplements

So you start reading about these supplements and they intrigue you, but which supplements are we talking about here. Well, that really depends on the day you're seeing it. One day it is a combo of Elite Test 360 and Ripped Muscle X, the next day it's Hyper Fuel and Elevate GF, and so on and so forth. So, which supplement combo did he use?

Well, the truth is, **these celebrities did NOT use some miracle supplement stack** to get these perfect bodies. Despite that fact that this article looks extremely legit to the untrained eye, the simple fact is that it is an advertisement, not an article. Let me explain...

The Hook, Line, and Sinker

The hook in this case is the allure of a better body by using a couple of supplements, and for demonstration purposes, we will use the supplements Elite Test 360 and Ripped Muscle X. By combining Elite Test 360 and Ripped Muscle X (according to the article), you get a better body without lifting weights or exercising. It "hooks" you in because most guys want an easy solution to packing on lean muscle and getting the body of their dreams. Who Doesn't!

The line in this case is really the "bait", because, would you know it? the companies **that make these supplements are actually giving them away FREE!** How nice of them!

But wait, there's a catch....in order for you to get these "free" samples of these supplements, you need to put in your credit card information to pay for the shipping. It's only \$4.95 for each, **what do you have to lose?!** So you go ahead and gladly get your credit card out of your wallet and put in your shipping info.

After a few days you get your bottles in the mail and start taking them diligently, just like the article said. Then, in a couple of weeks you log onto your online billing statement or get your paper credit card statement and **notice a couple of charges that you don't remember making.** They are in the amounts of \$89 and \$87.63, respectively. You decide to call your

credit card company and find out what's going on here...herein lies the sinker.



The Scam Revealed

You get in touch with a bank representative and ask what the charges were all about, and **that's when you find out the truth behind this supplement scam.** This first charge (the \$89 one) was from Elite Test 360, and the second (the \$87.63 one) was from Ripped Muscle X.

Furious, you argue with your banks representative saying that you didn't authorize these charges, and he/she replies that when you ordered these products you agreed to their terms and conditions.

“What terms and conditions?” you may ask. Well, specifically the Elite Test 360 terms, which [you can see here](#), and the Ripped Muscle X terms, which [you can see here](#). You see, what you probably weren't aware of is, when you entered your credit card info on their order page, you were agreeing to “try” these products for a duration of 14 days, and at the end of this “trial” period, the companies would charge you some exorbitant amount unless you cancelled before the trial was up.

What's even worse is there are some guys out there that don't actually check their credit card statements every month. So what's the big deal about that? Well, not only are these companies putting you into an auto-rebill program, but they also put you into what's called an auto-shipment program.

If you guessed right, this means that if you haven't cancelled, they will continue to charge your credit card every month, and continually send you the product, **even if you don't want it!**

Who the hell takes the time to REALLY read the fine print when you are ordering something? Well, the makers of supplements like this bank on this fact, and use it to their **advantage to “lure” the unsuspecting consumer** into a costly “trial” of their product, knowing that you probably won't read or see the terms and conditions.

They tell you to get in touch with the companies directly, and may even give you the customer support phone numbers for Elite Test 360 and Ripped Muscle X. You call these companies up and tell them that you didn't agree to these charges and want a refund.

Fat Chance of that happening!! Trust me on this one, you will get nowhere with them. They will go on and on about how you agreed to the charges when ordering, and that they were well within their legal rights of charging you.

If you are persistent enough, they will agree to lower the charge to half of what you originally paid, which is still a slap in the face but might be your only recourse.

What YOU Can Do To Fight Back!

First off, I want to **ask you to ["like" us](#) on Facebook, [+1 me](#) on Google Plus, and email it to your friends.** The more people that know about this the better, and by you helping share this article you will be doing your friend/family member a favor by saving them the time, money, and hassle that you might be going through.



Second, there are a couple of tricks I have learned over the years that will **help you "fight back" against these scams once and for all.** The first thing you can do if you were scammed is when you call the companies up, threaten to call the Better Business Bureau (BBB) attorney general in your state.

9 times out of 10 the rep will put you on hold and then come back and say they will issue a full refund, which they ALWAYS follow through with. I have personally done this myself and it has worked countless times.

Another trick you can use if you haven't already bought the product is to visit your local Walmart or other retailer and buy a pre-paid credit card in the amount of say \$10. Then, if you go to the products website you can use that pre-paid card, and **when they try to charge it they will get nothing!**

This doesn't work for all of these supplements though, because some of them use a trigger on their credit card transaction systems that prevent orders coming from pre pawns. It's worth a shot though!

The last thing you can do is contact your credit card company and dispute the charge. Most of the major credit card companies (Visa, Discover, etc.) are so freakin huge that they **will reverse the charge without even thinking twice.**

However, with some of the smaller banks / credit card companies it might not be so easy, so do this at your own discretion.

The Bottom Line

These so called "free trials" will probably not be going away anytime soon, so the best thing you can do to protect yourself is simply don't order the products. I have personally tried dozens of them, and I can tell you from experience that **almost all of them don't even work anyway.**

They are often packed with bogus ingredients that are really just fillers and have no impact on lean muscle growth or acting as fat burners.

If you want some quality **supplement recommendations that REALLY do work**, [shoot me an email](#) and let me know what your specific goals are and I will help you out to the best of my ability.

Scam #2 – Dangerous Weight Loss Pills and Supplements

As you go about your weight loss goals, if you're going to consider using a supplement of any sort, you need to be very careful to check on its safety. Using an unsafe supplement can not only lead to significant side effects but in some cases **it can be downright dangerous as well**. Often, in an effort to produce a more effective product, they will inject illegal ingredients into their product, leaving you with significant side effects.

Craze Performance Fuel



Craze is made by a company called Driven Sports, and was actually a highly rated pre-workout supplement. However, after some recent testing by researchers in a lab in Sweden, it was found that Craze Performance Fuel contains a synthetic version of Methamphetamine.

This would explain all of the crazy reviews we were getting from guys saying how “amped up” it was making them feel. Obviously we don't need to go into the details of how/why meth is bad for you, but you'll be happy to know that Craze was recently [pulled off the shelves](#) of most major retailers, but there **are some still selling it out there so be careful!**

As an alternative, check out an effective, non-stimulant based pre workout supplement [called Nitrocut](#).

OxyElite Pro



As you can probably tell from the photo, I actually got a chance to [try out](#) Oxyelite Pro myself, with some pretty decent results. This weight loss supplement actually was sold in a number of popular retailers including Walmart, GNC, and others.

However, after several reported cases of liver problems and even reports of it being [linked to Acute Hepatitis](#), the makers agreed with the FDA to issue a mandatory recall.

It has also been pulled off the shelves of most major retailers, but there are still some reports that it is being sold on EBay and other outlets, **so avoid it at all costs if you come across it.**

Check out my top choice for fat burners, [Phen375](#)

Fen-Phen

Fen-phen is a diet pill that came out on the market years ago that seemed to promise good results, only until individuals started dying while using it. This weight loss pill **has very damaging side effects** and causes major problems to occur in the heart valves, possibly leading to heart malfunction and death.

It's now been completely pulled off the shelves and is no longer available for use.

Qnexa

Qnexa is a diet pill that is slightly lesser known on the market, but still one that you will want to strive to avoid. This pill is a combination of an antidepressant as well as naltrexone, which is used to help treat alcoholism and other addictions.

It poses strong appetite suppressant benefits, which many dieters do find appealing, however at the same time, it's also a pill that will mess with your emotions and mood.

Any time you are taking something that messes up your emotional well-being, **you definitely need to question the safety** and whether it's a product that you should even be considering.

Furthermore, it can also lead to heart valve damage, so yet another reason why saying so long to Qnexa is a good idea.

Clen Fat Burner

Finally, the last of the fat loss pills to avoid if you ever come across it is Clenbuterol. This pill is actually a steroid that is used to treat horse conditions, however humans have used it to try and increase lean muscle mass while boosting the metabolic rate.

While it may accomplish these goals, keep in mind that it is a steroid and like any steroid, there are severe consequences. It messes up the body's own natural hormone levels and overall chemistry and can lead to male-like characteristics in females who utilize it.

So all in all, **stay away from all of these fat loss pills.** Make sure you always do your research before starting up any fat burner to ensure it's something that is safe for you to use.

Scam #3 – Counterfeit Pills

Some supplements become so popular that their product will have counterfeit versions made up, and sold as the real thing. In fact, a popular study noted that as much **as 1 in 3 supplements are fake**, even though you might be paying top dollar for it!



The problem with this is, most counterfeit supplements are produced overseas in facilities that generally don't adhere to the same standards as those in the US.

I'm not talking about first world countries like the UK, Australia, or even Canada. I'm talking they are made in **countries like Bangladesh, Malaysia, India, Pakistan, China, and the Philippines.**

What's worse is, in an effort to make the product work as closely as possible to the original, they will often **inject dangerous and ILLEGAL** ingredients into the formulation. This could not only lead to unwanted side effects, but in some cases DEATHS have been reported.

In some cases, they **don't put ANYTHING in the supplement**, but rather put .1% of the main ingredient, and they 99.9% of the rest is just filler. A total rip off!!

If that's not bad enough for you, also keep this in mind. Many of these countries have terrible labor laws which allow for children as young as 10 years old working in factories to label these products for **literally a dollar a day, working 12 hour days.** Think about it if it were your child...

As you can clearly see, just because you see you can get it cheaper, doesn't always mean you're getting the real deal. It is ALWAYS recommended that whenever you are looking to buy a supplement, you either get it from a reputable retailer like Walmart, GNC, Vitamin Shoppe, etc., or order from their official website.

If you're unsure about a particular supplement, you can always [contact me](#) and I'll lead you to the right source.

Scam #4 – Illegitimate Companies



During my research over the years, I often come across supplements where there is very limited information about them. In an effort to find out more, I have contacted hundreds of companies to find details on the ingredients, consumer testimonials, and other info.

In many cases, **these companies don't even get back to** me with answers to my query. I'll often follow up with several more emails and phone calls, often to be led around and never have my question answered.

If a company is trying to sell you a supplement, they should be **more than willing** to provide you with all of the evidence you need to make an informed buying decision.

You shouldn't have to chase them, or send follow up emails, or even have to hear them get defensive about a product. But even if you do get in touch with them, **that doesn't always mean you should believe what they are telling you.**

If you're concerned about a particular, or want to know more information about it, you can always contact us and we'll do the research for you.

Scam #5 – Unrealistic Claims



Let's face it...as American's, we're pretty lazy. Generally we want to do as little work as possible, in the shortest time frame, but we expect the best results. It's tempting to think we could just pop a pill and solve all of lives problems, but as we all probably know, **it's usually a pipe dream.** Just like the old adage says, if it

were easy everyone would be doing it.

But, this is where supplement makers capitalize on our laziness. They promise instant results with very little effort, and usually their claims are just so tempting that we're **willing to pay almost anything.**

You've seen the ads....whether it's "**Lose 20 lbs. of fat in 2 weeks without exercising!**" or "**Get a 6 pack abs in just 7 minutes a day!**" the ads bombard us every day. It's very intriguing to think that these ads are true.

It can be difficult to distinguish truth from reality, but here are a few points you should consider to help identify a rip-off:

- **Miracle cures** – Everyone likes a miracle, but your BS alarm should trigger if you hear claims like “scientific breakthrough”, “secret ingredient”, or “doctors are baffled by this new discovery”. If it were really a cure, don't you think the FDA or media would be all over it?
- **All Natural** – Just because it's all natural, doesn't mean it's safe. There are thousands of “all natural” plants and extracts that could KILL you if given the right amount.
- **Quick fix** – Nothing, and I mean nothing on the market will cause you to lose 20 lbs. in 20 days just by popping a pill. It takes diet, exercise, and proper nutrition to lose weight, not some miracle pill to do the work for you.
- **Fake Amazon Reviews** – I've seen this one a lot. I'll start doing research about a particular product on Amazon, and start reading some of the reviews. I'll notice that something doesn't seem right, because all of the reviews are so positive. Then I'll go and check the profile of the reviewer, and notice that the supplement in question is

the ONLY review they have. Very unlikely for someone to only leave a review of a supplement, and nothing else.

Scam #5 – Clinical Studies



You've no doubt come across dozens of supplements that promise the unrealistic claims mentioned above, and often times they are supposedly backed by clinical studies (or so they say!).

What they don't tell you is that the clinical study was often conducted on a PRIMARY ingredient in the supplement

in question, **NOT the actual supplement itself**. Case in point, many Nitric Oxide boosters (pre workout supplements) state that "In a clinical study, XYZ product was proven to help increase lean muscle mass and burn fat" **Sounds intriguing right??**

Well, that clinical study was actually done on the primary ingredient, L-Arginine, not the actual supplement being advertised. The key take away here is, most supplements have not been clinically studied, despite the claims made by the manufacturer.

Conclusion

There are dozens of other scams and deceptive practices out there, but the ones listed above are the most common I've come across in the years researching supplements. Remember, the old adage "if it's too good to be true, it probably is" applies to supplements more so than many other industries.

If you have any questions about a particular supplement, or are looking for advice on supplements to help get your life back, you can always [contact us](#). **We'd love to hear from you!**

To your health,

Rob Miller
SupplementCritique.com