

Forum:[Hack Forums](#)

Thread: [Free Gym Supplement Samples](#)

halloweirdo - October 12, 2016, 2:14 pm

Breakdown

Long story short, many gym companies have representatives that have small one-use supplements that are meant to be given out to potential customers. On top of this, the companies themselves tend to give the same things, plus apparel or gear, or even full-size bags or tubs of supplements.

How To

Simply go to Google and type in Gym Supplement Company or go to your favorite supplement company's website. On the very bottom of these sites (most times) are contact us links. Most larger companies have a form on their website that asks you to fill out your contact information. This helps automate the process since they are busy. Fill out the form and in the comments/narrative section of the form, simply state something like this:

DO NOT COPY AND PASTE THIS. IF TOO MANY PEOPLE USE THIS, THE COMPANY WILL PROBABLY DENY YOUR REQUEST FOR SAMPLES.

Quote:Good Afternoon,

I have recently had a bad experience with the previous company I used for all my supplements and I have heard good things about yours. However, the prices seem a bit high for me locally in stores - would you be able to send some samples of your pre-workout and aminos? I would really like to test it out before I commit to fully purchasing your product. I tend not to pick and choose multiple different sources for my supplements, I tend to get them all at the same time from the same company so it's easier to track and stay consistent with consuming.

Thank-you.

Now, smaller companies tend to have forms, but less-often than usual. These companies tend to have email addresses such as order@company or help@company domains. You can easily find these by browsing their company website to get in touch with their staff. Or you can subscribe to their newsletter and see the email address that the newsletter came from. Sending a personal email with your contact information with the same sort of thing as above tends to work better. So I would recommend sending emails rather than using forms.

Outcome

Most times, 4/10 companies will send you supplements to test. Some are in one-use packaging and sometimes (maybe 1/10 times) a company will send you a full size container. But before you go through this entire process, keep in mind, some companies offer free samples without having to message them. Simply browse the website for a section regarding samples. Most times, companies give out most of them within the first few days of the month and you'll have to wait again to try and request some. By making a personal request via email, you can probably get hooked up even when they have given out all of theirs. Smaller companies work best, they are trying to build their base. Larger companies could care less most times.

Cheers!

Guzzie - October 12, 2016, 2:15 pm

Awesome share, mate. Thanks appreciate it.

Riyu- - October 12, 2016, 2:15 pm

I'm actually gonna use this so I can get free pre workout.

Horizon - October 13, 2016, 2:23 pm

Nice post. I'm going to try this out, as I need to find some decent supplements!

TheLion17 - October 17, 2016, 12:43 pm

Sweet find. Wish Muscletch did something like this, their protein is really solid

drip - October 18, 2016, 5:34 am

AHhahah will try this lol ?

Could work damn

PoonBerryCrunch™ - October 22, 2016, 1:13 am

I didn't copy and paste but it did help with my template. Worked for 12/14 companies i tried so far. Some products arrived already. I got Pre-workout for months :D

Thanks for the idea!

Supra23 - October 22, 2016, 9:01 am

(Oct 22, 2016 01:13 AM)PoonBerryCrunch™ Wrote: [\[CITE\]](#) I didn't copy and paste but it did help with my template. Worked for 12/14 companies i tried so far. Some products arrived already. I got Pre-workout for months :D

Thanks for the idea!

Read my pm

wwwoa - October 29, 2016, 4:15 pm

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elterco - October 29, 2016, 5:21 pm

Pity that they dont come to my country. I'll love to gain some muscle to move my tits without hands

Supra23 - October 29, 2016, 8:26 pm

I can't find any companies to get some.

jo0rdan - October 31, 2016, 4:51 pm

Genius, definitely going to try this

Anyone suggest a company that's willing?

HawkB - November 15, 2016, 12:56 am

This is a great tip. Should help alot of people out there

Joonas15 - November 15, 2016, 2:00 am

Will try this out, thanks for the tip!

fruit098 - November 20, 2016, 6:12 am

I think this guide wont work in my country because we dont have a lot of supplement brands so

Aceofsp4dez - November 22, 2016, 11:11 am

i always love free samples lmao