

## Extracting Test from Syn-H

1. Dissolve pellets in 12oz (for 5 carts) of Methanol in a Glass Jar (that will hold at least 14oz), you can crush them after they are in meth. I let it sit overnight for best results.



2. After they dissolve and the liquid is clear, draw off the Methanol solution with 60 ml syringe, leaving behind the white filler, put liquid into a Glass Jar

3. Get a 2 quart square Pyrex glass cooking pan and add 16oz of WARM water (for 5 carts), Mark the level, so you will know that all the methanol has evaporated later.



4. Add powder from vial #1 to warm water and let dissolve, for 5 carts you will need ONLY a full  $\frac{1}{4}$  teaspoon, I have used from 1 heaping to one full with best result coming from one full teaspoon.



5. Pour the Methanol solution from Glass Jar into Pyrex Pan. It will turn milky white immediately. Stir for about a minute with glass rod.

6. Let methanol evaporate until its back to the level you mark before in step #3. I use a fan, aiming it above the dish just to create air movement to help with evaporation. You will have to stir every couple of hours to break up the film on top.



It should look something like the picture at right when its done evaporating



7. Set up the CFGA, I used a "Melitta Cone Filter Coffeemaker" It's a glass coffee pot with a plastic cone that the coffee filter fits inside and sits on top of glass pot,



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8. Draw off the liquid (you can either pour it if you use the square Pyrex Pan or suck it out with a 60ml syringe), (should be white cloud/crystals) pour into filter.



9. Then pour 4 oz of water into pan to get the remaining white stuff into the filter, let completely drain, then rinse with 8oz of water, I found that GENTLY stirring the mixture will help each time you rinse, stir GENTLY with glass rod.



10. Check the pH with the strips, it should turn light green, if not rinse some more until it turns light green

11. Remove and discard the liquid in coffee pot after filtering.  
12. Take the white powder from filter and put into Glass Jar or some other glass container, Add 12 oz of methanol for 5 carts into Glass jar, stirring will help



break up into solution, you can use some meth. to rinse off filter to remove the entire white residue into the jar take that solution,

13. Again get a 2 quart square Pyrex glass cooking pan and add 16oz of WARM water (for 5 carts), Mark the level, so you will know that all the methanol has evaporated later.

14. Add powder from vial #2 to warm water and let dissolve, for 5 carts you will need ONLY a full ? teaspoon, I have used from 1 heaping to one full with best result coming from one full teaspoon.

15. Pour the Methanol solution from Glass Jar into Pyrex Pan. It will turn milky white immediately. Stir for about a minute with glass rod.



16. Let methanol evaporate until its back to the level you mark before in step #3. I use a fan, aiming it above the dish just to create air movement to help with evaporation. You will have to stir every couple of hours to break up the film on top.



17. Set up the CFGA, Cone Filter Coffeemaker

18. Draw off the liquid (pure test) and pour into filter, then pour 4 oz of water into pan to get the remaining white stuff into the filter, let completely drain, then rinse with 8oz of water, 2-3 times stirring GENTLY each time with glass rod



19. Check the pH with the strips, it should turn light green, if not rinse some more until it turns light green

20. Discard the contents of the glass (Estradiol and Base)

21. Place entire contents of coffee filter back into clean and dry Pyrex pan, let liquid evaporate overnight. (I use a small light 1-2 ft above pan to slowly heat.

Once the powder is 100% dry, it should look like talcum powder and have NO salty taste.



22. Dissolve all the powder in as little methanol as possible (2-4 oz) in the Pyrex pan, let evaporate at room temp. Do not put in sun or anything else, this must happen by itself. ONCE YOU ARE DONE DO NOT MOVE UNTIL COMPLETELY DRY

23. You should have clear needles develop with some salt on bottom, Remove only the Clear Needles, leave the white residue behind, I used a razor blade and flick the needle into a clean glass jar



I have gotten needle that range in size from 1/16 to 1/8 long, they are all good

ÔSterile' directions.

1. Using an 18g sterile needle and a 10ml syringe, draw 2-3ml of oil from vial #3  
Replace the guard onto the needle and set aside for use later.
2. Add all the hormone to vial #3 of oil
3. Boil some water or turn on an electric element to the lowest setting or simmer.
4. Place vial #3 into the water or directly onto a heating element until the crystal dissolve and any little bits of Ôpill' filler are dissolved. When using a heating element you should be able to hold the Vial at a point halfway down the vial. If you can't hold the vial, the heat is too high! The solution must be hot enough that it becomes somewhat clear.
5. Let set until cooled to slightly warmer than room temp with the stopper. If you see crystallization you must heat again slightly and then start to filter! If it is too hot (over 250F) you will compromise the sterility of the filter so you MUST pay attention.
6. Take the empty sterile vial and insert 18g needle, I also took a 23g x 1/16 and inserted it on the outside edge (out of the way) of 18g leave the 23g in to relieve any pressure inside vial, leave in until the end
7. Pull the plunger out of 10-20ml syringe DO NOT touch the bottom of the stopper with your hands, remove needle, place finger over needle hole and turn upside down, gently fill with heated oil, leave enough room to replace plunger. This is a little tricky, so maybe you want to practice with another syringe and some water.
8. Remove filter from plastic without touching top or bottom with fingers, you could hold the filter through the plastic, attach it to the 18g needle in vial.
9. Take the 10-20ml syringe filled with heated oil and attach it to the filter and slowly press thur filter, it will be hard, just go slow and steady
10. Push all the contents of the syringe into the vial by grasping the syringe with 2 hands. Using your index fingers or thumbs push down on the plunger while continuing to hold onto the syringe with 2 hands. DO NOT EXERT EXTREME PRESSURE DOWNWARD ONTO THE SYRINGE FILTERS! If you move the wrong way the vial will go shooting across the table and there goes your experiment. Also, if you push too hard the flow through the syringe filter will slow. It should take no more than 30 seconds to run all the contents of the syringe through the filter.
11. When the solution from vial #3 is out of the syringe you will need to get the syringe with the 2-3ml oil that you set aside earlier. Grasping the syringe filter by its sides, unscrew the syringe which held the contents of vial #1 and LEAVE THE SYRINGE FILTER ON THE VIAL!
12. Push 1ml-2ml of oil through the syringe filter or until you see that the solution coming out of the filter is clear. I don't care how hard it is, but you have to push 1ml-2ml through until it clears. You can draw back on the syringe and get some air into the syringe and that moves the fillers around if you have to.