

# Free For All Phone Directory

This directory will guide you to hundreds of useful, exciting, or worthless things that this project did not or would not supply. Using this list, one could easily stock a medicine cabinet with most items that are commonly needed (in some cases different brands or variations of the same item). Interesting products for the kitchen or home office are available as well (labels, magnets, coffee, etc). Try to sustain your home supplies of as many items as possible by requesting all of these free samples. Certain samples may hold you for quite some time. You might also call a lot of these numbers well in advance of a trip - particularly if you are camping or going somewhere exotic. By the time you leave you will have nice toiletries to take with you in convenient sample sizes. Calling any of these numbers will probably result in a hefty supply of junk mail, but perhaps you can find a use for that as well.

1. 1-800-523-9971 Free Olbas herbal cold medicine sample
2. 1-800-992-1672 Free sample of Valerian muscle relaxant
3. 1-800-547-2300 Free sample of K-Y jelly
4. 1-800-867-7258 Free sample of sea salts
5. 1-800-284-9123 Free sample of everclean shampoo
6. 1-800-383-0251 Free Ink solve hand cleaner sample
7. 1-800-297-4888 Free sample of alpha hydrox skin care stuff
8. 1-800-645-4337 Free sample of Glide mint flavored dental floss
9. 1-888-478-7355 Free sample of purell hand sanitizer (parents magazine)
10. 1-800-405-0800 Free lifestyles condoms
11. 1-800-733-7546 Free Vaseline sample pack
12. 1-800-354-0387 Free Gillette Sensor Excell razor
13. 1-800-746-8888 Free Zilactin medicated lip balm
14. 1-800-721-1331 Free coupon for Ciba vision contact lenses
15. 1-800-361-8068 Free sample of O.B. Tampons
16. 1-800-232-0670 Free sample of Supra C for contacts lens
17. 1-800-548-3663 Free sample of Rembrante tooth paste
18. 1-800-688-3933 Free sample of Be Sure gas relief
19. 1-800-487-6526 Free sample of Ultra Pleasure condoms
20. 1-800-756-9882 Free sample of Neutrogena hand cream
21. 1-360-692-1909 Free sample of herbal phen-fen
22. 1-888-311-0020 Free depilatory cream from Cutex
23. 1-800-262-8765 Free sample of Kavatrol(supposed to relax you)
24. 1-888-767-6453 Free sample of Smile-Maxx teeth whitening tablets
25. 1-888-858-7266 Free sample of Lactaid
26. 1-888-456-7474 Free sample of Poise Bladder control pads
27. 1-800-olay-skin Free sample of Olay body wash and free puff
28. 1-800-411-5656 Free sample of UP/DOWN time herbal supliment
29. 1-888-8in-sync Free sample of IN Sync miniforms for light days
30. 1-800-226-6227 Free sample of Camo facial therapy products
31. 1-800-342-2273 Free samples of face care products from DHC
32. 1-800-448-3022 Free samles of Playtex Slim Fit tampons
33. 1-800-793-1695 Free Believers Bonus pack from Alcon(for contacts)
34. 1-800-848-5900 Free Astro Glide personal lubricant
35. 1-800-865-8438 Free sample of Playtex Gentle Glide tampons
36. 1-800-574-2309 Free sample of Excedrin Migraine pain relief
37. 1-800-669-3275 Free sample of either lemon balm #359, organic feverfew #808, frontier clary sage #729, marshmallow root herbs #610 (mention their web page)
38. 1-888-chr-isti Free sample of Christie Brinkley's Believe perfume
39. 1-800-4-pepcid Free sample of Pepcid AC
40. 1-800-508-5252 Free sample of Focus contact lenses(for astigmatism)

#### FOOD AND MISC.

1. 1-800-669-3275 Free sample of peppermint leaves
2. 1-888-554-3767 Free Bounty chip clip
3. 1-800-310-5662 Free sample of Colombian coffee
4. 1-800-460-7532 Free Amazon Rainforest Tea
5. 1-800-597-2267 Free food pyramid magnet
6. 1-800-585-1300 Free book (100 action principals of the shaolin) Karate

7. 1-888-gpo-upon Free recipe book from grey poupon
8. 1-800-997-7358 Free sample of Vita spelt pasta
9. 1-800-373-7226 Free sample of SACO powdered buttermilk blend?
10. 1-888-816-5491 Free sample of Enviro-Action multi purpose cleaner
11. 1-800-646-0012 Free sample 5 min phone card from Immodium AD
12. 1-888-743-6627 Free Sample 15 min phone card from toyota
13. 1-800-699-4753 Free sample of tea from Water and Leaves
14. 1-800-382-8728 Free sample of chinese slim tea
15. 1-800-684-3322 Free calendar about Nature
16. 1-800-964-3826 Free sample of diet tea or coffee
17. 1-888-590-6284 Free video "Women's Workout" from Reebok
18. 1-888-644-6226 Free info pack about alternative medicines
19. 1-800-833-8737 Free sample of "Happy Camper" Herbal stimulant
20. 1-800-761-9809 Free recipe board from Spice of Life

#### OTHER FREE ITEMS

- Free Secret Deodorant 1-800-732-7383
- Free After Bite Insect Wipes 1-888-258-4696
- Free Gillette Sensor Excel Razor 1-800-354-0387
- Free sample of "Believe" perfume 1-888-247-4784
- Free sample Poise Pad with Side Shields 1-888-456-7474
- Free 2oz Tube of Neutrogena Norwegian Formula Hand Cream 1-800-756-9882
- Free sample of Excedrin Migraine Tablets and Relief Guide 1-800-301-0024
- Free Bottle Baby Magic Lotion w/ "New Born" Coupon Package 1-800-228-7408
- Free CamoCare Facial Therapy Products Sample 1-800-226-6227
- Free Pregnancy Test 1-800-CARE-002
- Free Dove Beauty Bar 1-800-454-7669
- Free Tylenol Product Sample 1-800-962-5357
- Free Promotional Sports Cards 1-800-220-8179
- Free sample of Cinnamon TheraFlu 1-888-368-2624
- Free Opti-free Contac Lens Protein Remover 1-800-354-4972
- Plank Road Music Sampler 1-800-437-0832
- Free Dental Floss 1-800-645-4337
- Free TransUnion Credit Report (Recently Denied Credit Applicants Only)  
1-800-916-8800
- Free Color Soft Shampoo 1-888-390-6866
- Free "Squirril Away" Powder Sample 1-800-229-5454
- Free Towelette tooth wipe sample 1-888-WE-SMILE
- Free Snapple Drink 1-800-SNAPPLE
- Free Nescafe Coffee 1-800-637-2233
- Free Herbal Tea 1-800-373-3832
- Free Style Beans 1-800-200-9272
- Free Crayola Stain Removal Guide 1-800-272-9652
- Free Post-It Notes for Ink-Jet & Laser Printers 1-800-330-3966
- Free Magnetic Bounty Snack Bag 1-888-554-3767
- Free Information on ANY US Government Agency, Service or Program  
1-800-688-9889
- Free Adobe Image Library Browser Demo CD-ROM 1-888-502-8393
- Free Aveno Skin Lotion 1-888-428-3366
- Free Edge Pro Gel Sample 1-888-368-1305

Free Purina One Dog Food 1-800-787-0078 x40  
Free Peach Ice Tea Crystal Light 1-800-562-3434  
Free Pepcid Sample 1-800-473-7243  
Free Beano 1-800-257-8650  
Free Trial Issue of "House Beautiful" Magazine (cancel after 1)  
1-800-285-7060  
Free Trial Issue of "Chili Peppers" Cooking Magazine (cancel after 1)  
1-800-767-9377  
Free sample of "Journey Perfume"-A new fragrance from Mary Kay  
1-800-788-1238  
Free sample of Purell Hand Sanitizer 1-888-478-7355  
Free Lifestyles Condom sample and Info Booklet 1-800-405-0080  
Free sample of "TPR" - Therapeutic Pain Rub 1-800-959-1007  
Free Oil of Olay Moisturizing Body Wash sample and Free Puff Ball(0.7oz)  
1-800-652-9754  
Free sample "N-ZYME5" -A Natural Digestive Enzyme Product 1-800-247-7730  
Free 4-Day Trial of HT-400 Weight Loss Supplement 1-800-447-8841  
Free sample of "Recourse" Nutritional Drink- Chocolate or Vanilla  
1-800-952-3880  
Free Gordon's Seafood Recipes Booklet 1-800-222-6846  
Free sample of "Vita-Spelt" Grain Baking Product 1-800-997-7358  
Free 700 Club "Fact Sheet" from The Christian Broadcast Network  
1-800-716-3228  
Free 1998 EDF "Wonders of Wildlife" Calendar 1-800-684-3322  
Free Pledge Coupon 1-888-647-5334  
Free Max Factor Lasting Performance Foundation 1-800-810-0875  
Free Advanced Curad Aqua-Protect Bandage sample and \$1.00 Coupon  
1-888-682-4587  
THE LIST- Free Advertising Tell them Annette had you call for even more offers  
1-800-781-9644  
Free (3oz) sample of Rembrandt Toothpaste 1-800-548-3663  
Free sample of Dad's Brand Premium Puppy Food 1-800-600-3237  
Free Ziploc Baggie's Money Saving Coupons 1-800-428-4795  
Free Goodnights from Huggies 1-800-583-9966  
Free NutraSweet E-Z Survival Kit 1-800-632-8935  
Free SoftLens 66 Contact Lenses 1-800-583-7778  
Free Similac Baby Formula Sample 1-800-222-9546  
Free Disney Vacation Planning Video 1-800-453-4844  
Free Cutex Ultra Nail Lacquer 1-800-335-2243  
Free Trial Pack of O.B. Applicator Tampons 1-800-361-8068  
Free Sweet Success Meal Planner 1-800-318-8730  
Free Coupon and Recipes from The McCormick Spice Company 1-800-632-5847  
Free "Miracle Whip Cooks" Recipes Booklet from Kraft 1-800-523-4660  
Free 3-pc sampler of Old-Tyme Sugar-Free Taffy 1-800-874-0261  
Free Breathe-Right Nasal Strips sample and \$1.50 Coupon 1-800-858-6673  
Free "Celebrity Skin Care Secrets" Booklet from Vaseline 1-888-449-8477  
Free sample of Nutra Cell Nutritional Supplements/Vitamins 1-888-592-9229  
Free Saco Powdered Buttermilk Blend Mix 1-800-373-7226  
Free Neutraceutical Slim Diet Coffee or Tea Sample 1-800-964-3826

Free Slimfits Tampons from Playtex 1-800-448-3022  
Free Oral B Nickelodeon Rugrats Toothpaste Sample 1-800-577-5952  
Free InSyne Miniform Feminine Protection Product 1-888-846-7962  
Free Louisiana Tourism Vacation Kit 1-800-41-GUMBO  
Free Good Seasonings Roasted Garlic Salad Dressing Sample 1-800-874-6586  
Free Kimlan Soy Sauce 1-800-FREE-SOY  
Free Mai tonic tea sample 1-800-747-7418  
Free Sample EverClean Shampoo 1-800-284-9123  
Free Sample Computer Labels 1-888-283-7972 x144  
Free Victoria's Secret Catalog 1-800-HER-GIFT  
Free Curel Lotion 1-800-287-3597  
Free Cycletrol Cat Litter Box Freshener 1-800-542-2939  
Free Odorless Garlic(kyalic) 1-800-688-3933  
Free Ocushist Eye Drops 1-888-628-4478  
Free Ensure Sample 1-800-986-8535  
Free Gerber "Dices" Sample 1-800-443-7237  
Free Halogen Light Bulb Cover 1-800-985-2220  
Free Cortexx Shampoo Sample 1-888-CORTEXX  
Free Ink Solv30 hand cleaner Sample 1-800-383-0251  
Free Resolve Carpet Cleaner Brush 1-800-781-8778  
Free Naturally Soft Sample 1-888-311-0020  
Free CD-ROM Trial Edition of "Quick Books" Accounting Software from  
Quicken 1-888-226-7300  
Free Lever 2000 Anti-bacterial Soap 1-800-418-2453  
Free Food Pyramid Magnet 1-800-597-2267  
Free Redbok "Women's Training" Workout CD-ROM 1-888-590-6284  
Free Loft's Grass Seeds 1-888-775-6387  
Free Poster of Sherrie Austin, Country Singer 1-888-374-3774  
Free Martin Luther King, Jr. "Living The Dream" Poster 1-800-729-6686  
Free "Nestles Quik Sticker" from Nestles 1-888-758-7766  
Free \$1.50 Coupon off Purchase of Colgate Platinum Toothpaste  
1-800-962-2345  
Free "Cooking with Cranberries" Recipe Booklet from Ocean Spray  
1-800-662-3263  
Free "Inventor's Kit" - Everything You need To Patent Your Invention  
1-800-977-7100  
Free Swanson Low-Fat "Make-Over" Recipes Booklet 1-800-479-2676  
Free A-1 Original Steak Sauce "Discover The Flavors" Free Recipe Booklet  
1-800-217-3247  
Free Wisk Pretreater Sample 1-800-ASK-WISK  
Need to Settle a Dispute call TV'S JUDGE JUDY 1-888-800-JUDY  
Free "Tyvek" Mailing Envelopes Sampler Pack from DuPont 1-800-448-9835  
Free Outlet Mall Helpline-Brochures, Maps and Info on Nationwide Outlet  
Malls 1-800-336-8853  
Free 10-Minute Phone Card from Canadian Whiskey 1-888-890-8028  
Free 5-Minute Phone Card from Immodium Advanced (for short survey)  
1-800-646-0012  
Free sample of "Nixalite"-Protect Your Property from Pest Birds  
1-800-624-1189  
Free Waterbed Conditioner and Catalog 1-800-495-7533

Free Ferry-Morse Flower Seed Pack and Newsletter- Join the Free "Garden Club" 1-800-283-3400

Free sample of "SeptiCare" for Septic Tank/Cesspool Systems  
1-800-621-6065

Free Home Energy Saving Kit 1-800-GET-PINK

Free '98 Pet Calendar 1-800-294-1400 (press 1)

Free Video on GERD Disease & Heartburn 1-800-HT-BURN

Free State Farms "Working Womans Wedding Planner" 1-888-733-8368

Free Booklet "All Vitamins Are Not Equal" 1-800-937-0500 (x1690)

Free Breast Exam Shower Card 1-888-227-5552

Free ABC Network Free Drug Guide for Children 1-800-222-3329

Free Sample of Zilactin Baby Teething Medicine 1-800-746-8888

Free Catalog-Great Christian Books 1-800-775-5422

Free Video from Century21 Remodeling 1-800-685-8554

Free Eden Pasta Recipe Brochure 1-800-248-0302

Free Vitamin Guide 1-800-992-8451 (xNAH1)

Free Recipes & Coupons from EdenSoy 1-888-424-EDEN

Free Hormel Recipes & Coupon Booklet 1-800-523-4635

Free Collection of Bread Machine Recipes 1-800-373-7226

Free Land'O'Lake Cheese Recipes 1-800-782-9602

Free Oscar Meyer Bologna Recipes 1-800-522-9477 (x0012)

Free Sargento's Cheese Recipes 1-800-223-7702

Free Cream of Wheat Free Recipes 1-888-HOT-CEREAL

Free Info Pack-"Abolish the IRS" 1-800-324-7829

Free Camel Cigarette Premiums 1-800-226-3522

Free Virginia Slims Catalog 1-800-868-9327

Free Basic Cigarette Premiums Catalog 1-800-343-0975

Free Merit Cigarette Premiums Catalog 1-800-884-5777

Free Carlton Cigarette Premiums Catalog 1-800-569-3781

Free Spice For Life 18 page recipe book 1-800-761-9809

Free Sample Cervital Antioxidant 1-800-831-9505

Free M&M's Recipe Booklet 1-800-627-7852

Free Campbells Soup Recipes 1-800-401-SOUP

Free Sports One Supplement Samples 1-800-624-8787

USA Rice Council Recipes 1-800-795-7423

Free King Arthur Flour Recipes Catalog 1-800-777-4434

Free Ranch Style Beans 1-800-382-6363

Free Mrs.Dash Recipe Club 1-800-622-3274

Free Ro-Tel Recipe Booklet 1-800-544-5680

Free Sample of Godet White Chocolate 1-888-879-4633

Free Near East Rice Recipe Booklet 1-800-399-4488

Free Sample of NutraSalt 1-800-206-9454

Free Alaska Salmon Recipes & Offers 1-800-LUV-SAMN

Free Brochure Car Care Tips 1-800-9-FIRESTONE

Free Subscription to the "Ultress Insider" 1-888-4-ULTRESS

Free Vitasona Product Coupon 1-888-VITAL-US

Free Myrtle Beach Vacation Planner 1-800-356-3016

Free NordicTrac Video 1-800-441-2371

Free Just My Size Catalog & Coupons 1-800-978-FITS

Free Take A Bite Out Of Crime Comic Book 1-800-627-2911

Free Sample of Curtail anti-gas med.for your pet 1-800-257-8650  
FreeGrey Poupon Classic Recipes 1-800-GP-DIJON  
Free activity book from MooTown Snackers 1-800-243-3737  
Free sample EZ-QUI Household Cleaner 1-800-847-4526  
Free Kraft 2% cheese recipe booklet 1-800-659-0683  
Free Mazola Corn Oil recipe brochures 1-800-338-8831  
Free Merrick Dog Food Snacks 1-800-936-3354  
Free Closet Design Video 1-800-200-9272  
Join Triaminic Parent's Club 1-888-935-5543  
Free Video "Taking Charge of Your TV" 1-800-452-6351  
Free sample of Phisoderm Face Wash 1-888-TRY-PHISO  
Free 1998 Calendar from Sun Up Gallery 1-888-887-8687  
Free Pepperidge Farm Pastry Recipes 1-800-762-8301  
Free Del Monte Tomato Recipe Booklet 1-800-244-5616  
Free Lactaid Ultra Sample 1-888-858-7266  
Free Carnation quick fix recipes 1-800-240-9424  
Free Living With Asthma Booklet 1-800-722-4337  
Free Video on Nail Fungus 1-800-928-7374  
Free Take Control of Diabetes Video 1-800-517-4411  
Free Weight Loss Cassette 1-800-511-3357  
Free Equal Cooking Recipes and Coupons 1-800-323-5316  
Free Foster & Smith Puppy Training Guide 1-800-826-7206  
Join Doral & Co. For Coupons & Offers 1-800- 743-6725  
Free Microflex Surgical Latex Gloves 1-800-876-6866  
Free Sega CD-ROM 1-888-734-2736  
Free Hearing Loss Video & Booklet 1-800-896-6400  
Free Gerber Baby Food Coupons 1-800-443-7237  
Free Cruise Planner 1-888-Y-CRUISE  
Free Join K-Mart's Baby of Mine Club 1-800-533-0143  
Free Riunite Wine Guide 1-888-407-4864  
Free Chinese Herbals \$15 worth of Coupons 1-800-877-1704  
Free Business Success Kit 1-800-255-6380  
Free Teach Your Dog To Play Frisbee 1-888-444-ALPO  
Free Ezo Denture Adhesive 1-800-476-2252  
Free Printer Paper Samples from Avery 1-888-283-7972 (Ext.144)  
Free Child Safety Kit (Polly Klaas Foundation) 1-800-587-HELP  
Get your FREE sample of ThermoLift (This product is for losing weight)  
1-888-225-9872 (Ext.1535)  
Free sample of Fanas Pain Relief Cream 1-800-957-5513  
Free Information Kit for Cookbook Fund Raising 1-800-227-7282  
Free Charleston,SC Beach Guide 1-800-868-8118

#### FOR BABIES

- 1.1-800-222-9546 Free starter pack of similac formula
2. 1-800-505-2742 Free SIDS video, sticker, and babysitter reminder
3. 1-800-577-5952 Free sample of oral-b rugrats toothpaste
4. 1-800-443-7237 Free sample of gerber baby dices
5. 1-800-969-5268 Free sample of Childrens chewable mylanta
- 6.1-800-care-002 Free pregnancy test

Temporary Services,  
P.O. Box 121012  
Chicago, IL 60612 USA

[www.temporarieservices.org](http://www.temporarieservices.org)