

## **Cycles and PCT for Women**

SARMs work best in cycles of 6-12. It isn't recommended to take them for longer than this, or to begin a new cycle within 6-8 weeks of the previous one.

I would always aim for 8-12 weeks for the best results, during which time you will want to keep your training and nutrition as on-point as possible. Follow this with a 6-8 week stand down period, in which you forgo SARMs use while continuing training and eating healthy.

No PCT is necessary for women, as you won't experience suppression from the SARMs (your testosterone levels should be naturally low anyway).

## Post Cycle Therapy (PCT)

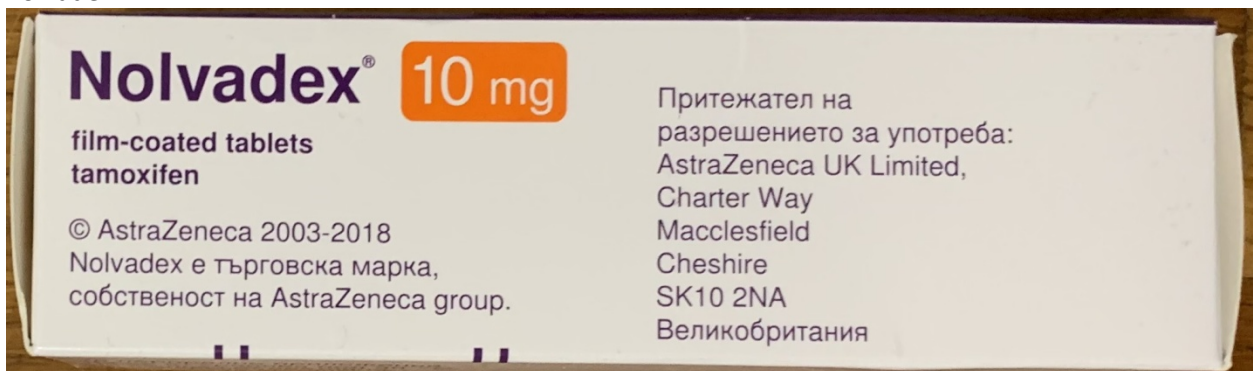
All of our PCT products are **Pharmacy Grade**. Images of the exact product you will receive are shown below.

### Recommended (see PCT Tables)

Aromasin



Nolvadex

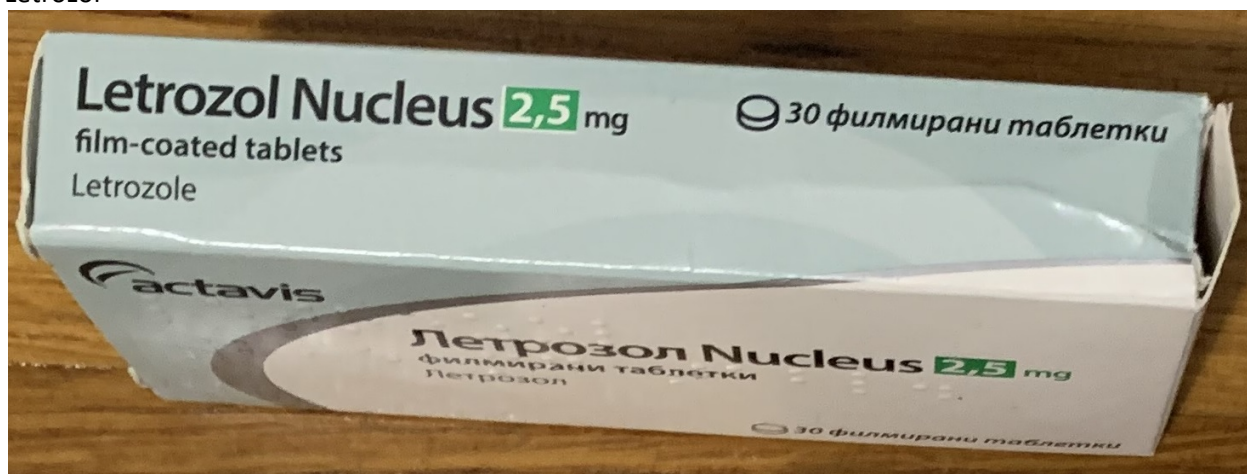


### Other Options:

Arimidex



Letrozol



*PCT Table (Light)*

<b>Week</b>	<b>Nolvadex (Required)</b>	<b>Aromasin (Required)</b>	<b>Ostarine MK-2866 (Option 1)</b>	<b>Cardarine GW-501516 (Option 2)</b>	<b>Nutrobal MK-677 (Option 3)</b>
<b>1</b>	20mg/day	7.5mg/day	10mg/day	10mg/day	15mg/day
<b>2</b>	20mg/day	7.5mg/day	10mg/day	10mg/day	25mg/day
<b>3</b>	10mg/day	7.5mg/day	10mg/day	10mg/day	25mg/day
<b>4</b>		7.5mg/day	10mg/day	10mg/day	25mg/day
<b>5</b>			10mg/day	10mg/day	25mg/day
<b>6</b>			10mg/day	10mg/day	25mg/day
<b>7</b>					25mg/day

Notes: Ostarine, Cardarine, and Nutrobal are not required to be a part of the PCT. Taking 1 of them however will help sustaining all gains and help maintain a higher level of performance.

*PCT Table (Normal)*

<b>Week</b>	<b>Nolvadex (Required)</b>	<b>Aromasin (Required)</b>	<b>Ostarine MK-2866 (Option 1)</b>	<b>Cardarine GW-501516 (Option 2)</b>	<b>Nutrobal MK-677 (Option 3)</b>
<b>1</b>	20mg/day	12.5mg/day	10mg/day	10mg/day	15mg/day
<b>2</b>	20mg/day	12.5mg/day	10mg/day	10mg/day	25mg/day
<b>3</b>	20mg/day	12.5mg/day	10mg/day	10mg/day	25mg/day
<b>4</b>	10mg/day	12.5mg/day	10mg/day	10mg/day	25mg/day
<b>5</b>		7.5mg/day	10mg/day	10mg/day	25mg/day
<b>6</b>			10mg/day	10mg/day	25mg/day
<b>7</b>					25mg/day

Notes: Ostarine, Cardarine, and Nutrobal are not required to be a part of the PCT. Taking 1 of them however will help sustaining all gains and help maintain a higher level of performance.

*PCT Table (Heavy)*

<b>Week</b>	<b>Nolvadex (Required)</b>	<b>Aromasin (Required)</b>	<b>Ostarine MK-2866 (Option 1)</b>	<b>Cardarine GW-501516 (Option 2)</b>	<b>Nutrobal MK-677 (Option 3)</b>
<b>1</b>	40mg/day	12.5mg/day	10mg/day	10mg/day	15mg/day
<b>2</b>	40mg/day	25mg/day	10mg/day	10mg/day	25mg/day
<b>3</b>	20mg/day	25mg/day	10mg/day	10mg/day	25mg/day
<b>4</b>	10mg/day	12.5mg/day	10mg/day	10mg/day	25mg/day
<b>5</b>		7.5mg/day	10mg/day	10mg/day	25mg/day
<b>6</b>			10mg/day	10mg/day	25mg/day
<b>7</b>					25mg/day

Notes: Ostarine, Cardarine, and Nutrobal are not required to be a part of the PCT. Taking 1 of them however will help sustaining all gains and help maintain a higher level of performance.

More information on Aromasin and Nolvadex are available [here](#).

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### PAYMENT METHODS

- Credit / Debit Cards
- PAYPAL

## **Nolvadex PCT**

You'll find that a lot of people will choose Nolvadex (Tamoxifen) as a PCT. It is a selective estrogen receptor modulator, also referred to as a SERM that was initially used to help treat and prevent breast cancer.

The reason people use it is because it's one of the most effective way to restore your hormone levels back to normal. It also doesn't carry a whole lot of side effects compared to Clomid.



Even though it isn't as harsh as Clomid, you can still experience side effects such as nausea, headaches and hot flashes.

When a Nolvadex PCT is used, it usually lasts anywhere from 2 to 4 weeks. Let's take a look at how it is used.

CYCLE LENGTH	DOSAGE PER DAY
WEEK 1	40MG
WEEK 2	40MG
WEEK 3	20MG
WEEK 4	20MG

A typical dosage will be between 20 to 40mg per day. This is more than enough to help your system recover. Keep in mind that a higher dosage might result in more unwanted side effects.

This Nolvadex PCT protocol should be started about 2 weeks after your last injection. Based on my personal experience and research, it's one of the most effective ways to properly recover.