

MK-2866 (Ostarine/Enobosarm)

Summary

- Helps in Building and Sustaining Lean Muscle Mass
- Aids in Body Fat Reduction and Elimination
- Helps Improve Strength and Healing Process
- PCT Recommended (Men Only)
- Effective for both Male and Female Genders
- Additional benefits: Increase your recovery time, strength gains, and strengthening of soft tissues (*tendons and ligaments*)

Half-life of 24 hours

Description

Studies show and have proven that Ostarine improves lean body mass and physical function. It also increases tendon strength, ligament health, bone density and encourages collagen turn-over. It is one of the least suppressive, minimally androgenic, and great for assisting in muscle retention/growth without the ramifications of severe androgen related side effects. Reports of 5-10 pounds of lean muscle gain from Ostarine are quite common.

Benefits of Ostarine

Just like the other SARMs, Ostarine also has its own set of benefits which the user can get. Although most users experience the same benefits, the ones that you might observe may be different in one way or another as effects of supplements such as SARMs may vary from person to person.

- Helps in building and sustaining lean muscle mass
- Aids in body fat reduction and elimination
- Helps improve strength and healing process
- Causes minimal testosterone suppression
- Helps fight osteoporosis
- No negative side effects
- Safe to use and Non-toxic
- Increase your recovery time
- Strengthens soft tissues (*tendons and ligaments*)

Possible Side Effects

Ostarine (MK-2866) has shown to have very minimal testosterone suppression side effects but aside from that, it does not cause all the other negative effects that are associated with using testosterone or steroids such as elevating prostate, liver and kidney enzymes.

Recommended Dosing:

MK-2866 (Ostarine)				
Goals	Men	Women	Cycle Length	PCT Selection (Men Only)
Building Muscle	20-50mg/day	10-15mg/day	8-12 weeks	PCT Table (Normal PCT)
Burning Fat	10-20mg/day	5-10mg/day		PCT Table (Light PCT)
For Post Cycle	5-10mg/day	5mg/day		N/A

Therapy (PCT)				
It is recommended to take 6-8 weeks off from SARMS upon completing a cycle				

Ostarine MK2866			
Цел	Минимална	Максимална	Цикъл
За покачване на маса	20мг	50мг	От 8 до 12 седмици, с почивка от 4 до 6, седмици.
За изчистване от мазнините	20мг	30мг	
За терапия след цикъл	10мг	20мг	
Ostarine MK2866 може да се приема и за по дълги периоди от порядъка на 3 месеца.			

References:

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2630904/>

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LGD-4033 (Ligadrol)

Summary

- Massive Increase in Lean Muscle Mass
- Increases Strength and Burns Fat
- Muscles Look and Feel Full
- Improves Recovery Time
- PCT Required (Men Only)
- Effective for both Male and Female Genders
- Additional benefits: Gives a boost in energy, strength, speed, and endurance

Half-life of 24-36 hours

Description

LGD-4033 is often the most effective SARM for overall anabolism, muscle retention, and muscle growth. It is very potent, and reports of 10+ pounds of lean muscle gain are commonly reported from users. LGD-4033 is a selective androgen receptor modulator (SARM) developed to prevent muscle wasting, osteoporosis and a variety of other musculoskeletal degenerative diseases. It is non-steroidal, and is ingested orally. Comparing [LGD-4033 to Ostarine](#) head to head, LGD-4033 exhibits greater levels of anabolic activity at a lower dosage, but is far more suppressive than Ostarine. It is close to 12 times more powerful than Ostarine.

Benefits of Ligandrol

Research has found that Ligandrol aids in muscle building and increasing strength as well as endurance. Some of its known benefits according to the tests done include:

- Massive increase in lean muscle mass
- Increases strength and burns fat
- Muscles look and feel full
- Improves recovery time
- Boost energy, strength, speed, and endurance

Possible Side Effects

Ligandrol (LGD-4033) has not been found to be associated with any significant side effects so far but it does not mean that no side effects are to be expected at all. Studies performed has revealed that it can cause serious testosterone suppression while also bringing sex hormones to lower levels.

Recommended Dosing:

LGD-4033 (Ligadrol)			
Goals	Men	Women	Cycle Length
Building Muscle	10-25mg/day	10-15mg/day	8-10 weeks
Maintaining Muscle	5-10mg/day	5-10mg/day	6-12 weeks
It is recommended to take 6-8 weeks off from SARMS upon completing a cycle			

Ligandrol LGD-4033 Дозировка

Цел	Минимална	Максимална	Цикъл
За покачване на маса	10мг	20мг	От 6 до 8 седмици, с почивка от 3 до 4, седмици.
За запазване на маса (при изчистване/ниски калории)	5мг	10мг	

Ligandrol LGD4033 може да се приема от 6 до 8 седмици.

LGD-4033 (Ligandrol)				
Goals	Men	Women	Cycle Length	PCT Selection (Men Only)
Building Muscle	10-25mg/day	10-15mg/day	8-10 weeks	PCT Table (Heavy PCT)
Maintaining Muscle	5-10mg/day	5-10mg/day	6-12 weeks	PCT Table (Normal PCT)

It is recommended to take 6-8 weeks off from SARMS upon completing a cycle

References:

<https://en.wikipedia.org/wiki/LGD-4033>

<https://www.quora.com/Can-Ligandrol-SARM-be-taken-after-receiving-5-rabies-vaccines-8-weeks-before>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5820696/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4111291/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4716610/>

<http://www.vikingtherapeutics.com/2014/05/22/viking-signs-broad-licensing-deal-with-ligand-pharmaceuticals-for-rights-to-five-novel-therapeutic-programs/>

<https://academic.oup.com/biomedgerontology/article/68/1/87/548321>

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RAD-140 (Testolone)

Summary

- Huge Increase in Lean Muscle Mass and Strength
- Burns Fat and Raises Muscle Tone
- High Anabolic to Androgenic ratio (90:1)
- Does not Affect Hormonal Balance
- Improves Libido
- PCT Required
- Additional benefits: Gives a boost in strength, speed, and endurance

Half-life of 12-24 hours

Description

RAD140 was designed to act as a complete replacement for Testosterone, without any of the negative androgenic side effects. RAD140 has an anabolic:androgenic rating of 90:1 and partially antagonizes the negative effects of testosterone on the prostate. Testosterone has an anabolic:androgenic rating of 100:100. Meaning that RAD140 is almost as anabolic as Testosterone, with 1/100th the Androgenic activity (on paper at least). RAD140 is a very versatile and promising SARM that purportedly provides a complete replacement for testosterone replacement therapy (TRT), without any of the side effects. The overall preclinical profile of RAD140 is very good, and the compound has completed preclinical toxicology in both rats and monkeys. Notably increased aggression and agitation is commonly reported among users.

RAD-140: The Origin

Testolone is the most recent SARM. The very first official study of this compound was published only in 2010 and further tests, studies, and research still need to be done on it but at present, there already are some reports on its effects (both short term and long term) from those who use it for research and testing.

Studies done on monkeys and mice have returned results that are found to be very promising. For instance, this SARM has shown to contain a peculiar property that counters the common prostate enlargement issue in older males making it a unique piling agent for Androgenic Steroids that can cause the negative effects given above.

The testing of this SARM in monkeys has shown an increase in lean muscle weight all throughout the test period. This result depended largely on the dosage used so the more dosage meant even more of the lean mass development effect and reduction of muscle fats. RAD-140 is considered a true SARM with all the properties that are seen in compounds and mixtures that belong to the same category.

RAD-140's Benefits And Effects

Before starting to use RAD-140 for research and tests it's good to first check on some of the benefits and effects that it can offer. The list below is non-conclusive and may vary depending on the subject of the test itself.

Benefits of RAD-140

- Huge increase in lean muscle mass and strength
- Burns fat and raises muscle tone
- High Anabolic to Androgenic ratio (90:1)
- Does not affect hormonal balance
- Improves libido
- Boost in strength, speed, and endurance
- Animal tested and observed to improve circulation of blood
- Does not produce irreversible and physically harmful side effects
- Non-toxic and tested safe on animals
- Does not cause negative effects on the liver
- Prevents neuronal damage

Possible Side Effects

RAD-140 is one of the SARMs that don't show any harmful side effect based on previous animal testing. It works efficiently in producing anabolic effects without causing harm to the liver and it does not cause baldness or show any other unfavorable results. The compound only acts on receptors found in the muscles and bones without interacting with the rest of the body tissues.

Recommended Dosing:

RAD-140 (Testolone)				
Goals	Men	Women	Cycle Length	PCT Selection (Men Only)
Building Muscle	10-30mg/day	5-15mg/day	8-10 weeks	PCT Table (Heavy PCT)
Maintaining Muscle	5-10mg/day	2-5mg/day	6-12 weeks	PCT Table (Normal PCT)
It is recommended to take 6-8 weeks off from SARMS upon completing a cycle				

References:

- <https://en.wikipedia.org/wiki/RAD140>
- <https://www.quora.com/What-should-I-know-about-RAD-140>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3959610/>

MK-677 Ibutamoren/Nutrobal

Summary

- Fights signs of Aging in Cells
- Effectively Reduces Fat
- Helps Maintain Muscle Mass
- Does not Produce Harmful Side Effects
- HGH like Effect
- PCT not Needed

Half-life of 24 hours

Description

MK-677 greatly increases the release of Growth Hormone (GH) and Insulin-Like Growth Factor 1 (IGF-1) for the next 24 hours via strong GH pulsations in the pituitary gland. MK-677 does not stimulate a greater quantity of secretion events per day (number of GH pulsations), but rather it stimulates a greater total 24 hour GH production rate.

Clinical trials are currently being conducted to assess how well MK-677 can address growth hormone deficiencies, muscle wasting diseases, osteoporosis and a myriad of other related conditions. So far MK-677 has proven to be exceptional in all of these studies, resulting in overall increases in bone mineral density and lean muscle mass in humans. MK-677 also improves fat burning, thus making it a potentially viable option in the future for the treatment of obesity. The overall safety and efficacy profile of MK-677 is promising, with no serious adverse events reported in any of the clinical trials conducted on humans. The data supports that it has the potential to be a very safe compound viable for long-term use.

With the numerous pharmaceutical products that have emerged in the market today, the freaks of fitness out there are in search of the supplements that help in attaining the perfect body while still allowing fat and protein intake. If you have a condition that prohibits too much protein intake, Nutrobal (MK-677) also known as Ibutamoren is the upcoming Selective Androgen Receptor Modulator (SARM) that is currently in testing and research stage prospectively being eyed for you.

It is called MK-677 because it is a hormone that has been tested to be introduced orally in animals without producing the side effects that anabolic supplements produce. Its popularity is of the same level as Ligandrol, Andarine, Ostarine, YK-11, RAD-140, and SR9009.

How Nutrobal Works

Nutrobal is a hormone that promotes growth. It is also called secretagogue which means that it induces secretion of naturally produced substances in the body. It makes the pituitary gland produce more growth hormone which is an important key in controlling metabolism, regulating body weight and a lot of other functions.

MK-677 also helps in regulating muscle and bone composition along with checking the level of sugar in the blood. The body's failure to produce GH may lead to faster aging where the weakening of the bones through the reduction of bone density starts and body fat increases. The result is wasting of muscles, aging, and fatigue. A greater risk of contracting different types of diseases will then become more evident.

Nutrobal (MK-677) switches automatically to start the production of GH in your body without the need of using needles. However, it has only been tested in animals and is still undergoing research and testing before it can be safely introduced for human use.

The Benefits of Nutrobal (MK-677)

MK-677 has highly-potent muscle-building properties and plays a significant role in the development of lean muscle mass while reducing fat at the same time. Its other known benefits based on recent tests done in animal subjects include the following:

- Fights signs of aging in cells
- Effectively cuts-down body fat
- Does not produce harmful side effects
- Does not damage the liver and prostate
- Improve bone density and increases longevity
- Increases cognitive functions
- Gives great cardiovascular benefits
- Good cure for cancer cachexia
- Provides relief from Osteoporosis
- Prolongs strength and stamina and fights fatigue

Possible Side Effects

Nutrobal (MK-677) is considered safe and is one of those SARM substances that produce very minimal side effects as trials and tests reveal. Yes! It is devoid of the harmful effects that testosterone and steroids produce. It does not cause deterioration of the body's metabolic process.

Recommended Dosing:

MK-677 (Ibutamoren)				
Goals	Men	Women	Cycle Length	PCT Selection (Men Only)
Building Muscle	20-50mg/day	N/A	12-24 weeks	N/A
Burning Fat	20-30mg/day	N/A		N/A
For Post Cycle Therapy (PCT)	25mg/day	N/A		N/A
MK-677 can be taken up to 6 month. MK-677 is not a SARM and can be taken after a SARM cycle to help maintain all the gains and sustain overall performance				

Ibutamoren MK677			
Цел	Минимална	Максимална	Цикъл
За покачване на маса	20мг	50мг	От 8 до 12 седмици, с почивка от 4 до 6, седмици.
За изчистване от мазнините	20мг	40мг	
Ibutamoren MK677 може да се приема и за по дълги периоди от порядъка на 6 месеца.			

References:

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<https://www.quora.com/What-should-I-know-about-ibutamoren-MK-677>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6240568/>
<https://en.wikipedia.org/wiki/Ibutamoren>
<https://www.ncbi.nlm.nih.gov/pubmed/11297611>
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<https://adisinsight.springer.com/drugs/800007434>
<https://academic.oup.com/edrv/article/18/5/621/2530767>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC41459/>
<http://press.endocrine.org/doi/10.1210/jcem.82.10.4297>
<https://www.sciencedaily.com/releases/2008/11/081104132902.htm>
<https://onlinelibrary.wiley.com/doi/abs/10.1359/jbmr.1999.14.7.1182>

S4 (Andarine)

Summary

- Harder Muscle Mass and Ripped Body
- Helps in Lean Muscle Development and Retention
- Can be taken with other SARMS
- Increases Vigor and Endurance
- Effective for both Male and Female Genders

Half-life 4-6 hours

Description

S4 is another orally available SARM that can result in substantial increases of strength, lean muscle mass, and fat loss. It is non-steroidal and has tissue-selective anabolic effects in muscle and bone, while sparing other androgenic effects that come from anabolic androgenic steroids (AAS). S4 doesn't bloat as it doesn't [convert to estrogen](#) or progesterone, and the size it produces is very dry. It is the only SARM aside from S23 that can mimic the dry, grainy, hardening effects formidable to that of pure DHT, without exerting any of the negative side effects associated with DHT like [hair loss](#), prostate growth, acne, virilization in women, etc. [Night vision issues](#) are commonly reported as a side effect from users, which appears to correct itself shortly after the discontinuation of Andarine administration. S4 has a tendency to cause a temporary yellow and green tint to be noticed in sight, and more significant issues adjusting from light to dark settings.

How Andarine Works

Andarine (S-4 or S4) effectively binds itself with the androgen receptors that are found in the bones and muscles. It's not as effective in muscle building lean muscles like Trenbolone but works effectively in burning fat. It is able to do so because of its high androgenic effect and less of the anabolic properties which is one of the best among the SARMS in the market at present.

The burning of fat starts when hormones with androgenic properties (or SARM in this case) binds with the receptors for androgen present in the fat tissues (adipose tissues). Andarine strengthens and preserves the bones and even increases its mass. The effects are selective which means that it causes no harm in other internal organs like the prostate and liver. At low doses, Andarine produces weak muscle building effects while at higher doses, it can aid in the development of lean muscles without the androgenic side effects that Winstrol and Anavar produces. These tests were performed in animals and more research is still needed

Possible Benefits of Andarine

SARMS like Andarine (S4) are not to be considered steroids because they produce less anabolic and androgenic effects. Andarine's benefits include the following:

- Aids in the development of lean muscle mass
- Helps increase fat-burning activity
- Brings vigor and endurance to a higher level even in low-calorie diet
- Gives great physique with hard muscles
- Increases bone density
- Promotes sexual stamina
- Can be taken together with other SARMS

- Effective for both male and female genders

NOTE: Tests were done only in animals and no conclusive evidence exist that this SARM is safe for human use.

Possible Side Effects

Although not as suppressive as LGD-4033, Andarine still possesses this effect especially at higher doses more than Ostarine. It is theorized that a post cycle therapy is done after a full cycle of use. Using HCGenerate to help cure the little suppression caused has been reported to produce good results while mini-pct is also found to be great for recovery.

Andarine also binds with the receptors found in the eye which causes a faint yellowish tint that can sometimes make it hard to see through mild darkness but it's not seen in all animals subjected to trial. This side effect also goes away after discontinuing the use of the substance. No estrogen inhibitor is required in the entire cycle as it does not turn into estrogen in the long run.

Andarine Dosage

Start taking the pills or begin supplementation slowly. Get your body acclimatized and then increase the dosage as you deem fit. Your objective and the present state will determine the exact dose. A generically safe starting point is 25mg a day. You may break it down three or four times a day. You can increase it to 35mg but only after two weeks or so. Your body must get familiar with Andarine. Taking some time will also help you to know if there are any side effects. You can increase your dosage up to 50mg per day after the first month. The maximum dosage you can go for is 70mg. Many people prefer the dosage to be limited to 50mg per day. Increasing the dosage further may adversely affect your ability to concentrate or focus.

Recommended Dosing:

S4 (Andarine)				
Goals	Men	Women	Cycle Length	PCT Selection (Men Only)
Building Muscle	25-70mg/day	10-25mg/day	8-12 weeks	PCT Table (Heavy PCT)
Burning Fat	10-25mg/day	5-15mg/day	8-12 weeks	PCT Table (Normal PCT)

Due to the short Half-Life of Andarine (4 to 6 hours), the daily dosage must be split throughout the day. The general recommendation is to split the daily dose into 3 and take each dose with a meal. It is recommended to take 6-8 weeks off from SARMS upon completing a cycle

Andarin S4 Дозировка			
Цел	Минимална	Максимална	Цикъл
За покачване на маса	30мг	70мг	От 8 до 12 седмици, с почивка от 4 до 6, седмици.
За изчистване от мазнините	30мг	60мг	

Поради краткият полу-живот на Андарин (5 до 6 часа), той се приема по 3 пъти дневно.

References:

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<https://www.quora.com/What-is-the-best-SARM-to-use>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2602589/>
<https://www.ncbi.nlm.nih.gov/pubmed/15994457>
<https://www.ncbi.nlm.nih.gov/pubmed/16099859>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3048897/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3910424/>
<https://www.ncbi.nlm.nih.gov/pubmed/19728047>

GW-501516 (Cardarine)

Summary

- Effectively Burns Fat
- Increases Endurance and Stamina
- Reduces LDL and Increases HDL
- Some Muscle Growth
- PCT not Needed
- Effective for both Male and Female Genders

Half-life of 16 to 24 hours

Description

GW-501516, better known as Cardarine, is a Selective Androgen Receptor Modulator that is popularly known for its properties that promote fat reduction. It has been tested and found to be safe when taken together with other SARMs such as Andarine, Ligandrol, or Ostarine.

Known Properties of Cardarine

Cardarine activates the body's energy usage to the same level as doing exercise. As a result, the cells consume more energy which means that more calories are burned during the process. It's been found to aid in losing weight and shedding-off body fats. It has also shown some properties that reduce the risk of diabetes while increasing the metabolic process of fatty acids. Aside from that, animal tests also show an increase in the levels of good cholesterol (HDL) and a decrease in bad cholesterol (LDL).

This effect is associated with its ability in boosting ABCA1 cholesterol transporter expression. Cardarine (GW-501516) is potentially helpful in reducing problems with cholesterol. The popular benefits of Cardarine include the following:

- Effective for both male and female genders
- Potentially lessens the instance of diabetes
- Animal tests show that it cuts down calories and reduces body fats
- Promotes weight loss
- Works well with other SARMs
- Non-toxic and non-stimulant
- Reduces recovery time
- Reduces the presence of bad cholesterol (LDL)
- Increases the levels of good cholesterol (HDL)

Possible Side Effects of Cardarine

There are those who claim that Cardarine causes cancer but with over 20 years of existence since it has been discovered, there are no cases of cancer reported in those who tested the compound itself. There are no known estrogenic effects but it's still not recommended for use by humans. There is no conclusive evidence that proves Cardarine is fully safe to be used as human supplement.

Recommended Dosing:

GW501516 (Cardarine)				
Goals	Men	Women	Cycle Length	PCT Selection (Men Only)
Burning Fat	20-30mg/day	5-15mg/day	8-12 weeks	N/A
For Post Cycle Therapy (PCT)	10-20mg/day	N/A	4-8 weeks	N/A

GW501516 is not a SARM and can be taken after a SARM cycle to help maintain all the gains and sustain overall performance. It is recommended to take the daily dosage of Cardarine 30 minutes before a workout. On days off, it is recommended to take only 20mg of Cardarine split into 2 doses of 10mg. It is recommended to take 5-8 weeks off from Cardarine after a cycle or PCT.

Cardarine GW501516			
Цел	Минимална	Максимална	Цикъл
За изчистване от мазнините	20мг	30мг	От 10 до 16 седмици, с почивка от 5 до 8, седмици.
За терапия след цикъл	10мг	20мг	
Cardarine GW501516 20-30мг, 30мин. преди тренировка и 20мг, два пъти по 10мг дневно в почивните дни			

References:

- <http://www.ncbi.nlm.nih.gov/pubmed/22814748>
- <http://diabetes.diabetesjournals.org/content/57/2/332.long>
- <http://atvb.ahajournals.org/content/27/2/359.long>
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- <https://www.quora.com/What-can-you-tell-me-about-Cardarine-and-the-effect-of-SARMS-for-a-weightlifter-trying-to-lose-weight-and-maintain-grow-muscle>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2687435/>

YK-11 Sarm

Summary

- Increases Muscle Mass Fast
- Promotes Fat-burning
- Promotes Healthy Muscle Growth
- Slows Down Cell Aging
- Enhances Speed and Power
- Liver Toxic
- PCT Required

Half-life of

Description

Though there is a lot of information out there about YK-11, this substance isn't part of the usual SARM (Selective Androgen Receptor Modulator) group that is popular at present. It is a derivative of testosterone (Test)/ 5-a-dihydrotestosterone which is known as an anabolic steroid. It possesses the same steroidal backbone with all the other substances that are grouped together as steroid hormones.

The recent animal testing has revealed that YK-11 has an anabolic and androgenic effect. It effectively binds with androgen receptors in the muscles which aid in development and growth. The substance is also capable of inhibiting follistatin that is responsible for controlling [myostatin](#); the protein that works by limiting muscle growth.

This means that when YK-11 is present, it will actually help alter a subject's potential in developing muscles.

The Origin

The discovery of the compound that we now know as YK-11 seems to be accidental. It is a product of research done by Japanese chemists and researchers who were trying to find a compound that can help bodybuilders and athletes gain muscles though it has never been tried yet on human subjects. At first, it's been observed to produce the same results that muscle-boosting and normal steroids have but further study revealed that it works more efficiently than these supplements.

Its anabolic effects are on a higher level as it effectively binds with the androgen receptors of the muscles resulting in a tremendous increase in muscle mass while it also inhibits myostatin at the same time.

What Does YK-11 Do?

Unlike the other SARMS, YK-11's unique composition makes it very selective on the receptors it will attach to. It only works with the androgen receptors on the muscle tissues which then promotes faster growth without affecting any other part of the body. This has been proven in lab tests in animals and not yet for human consumption.

Here Are The Effects of YK-11 Based on Recent Animal Testing:

YK-11 helps in rapidly increasing muscle mass. It is one of the most popular SARMS in the market at present. It is known to produce the following effects based on animal tests.

- Aids in the efficient burning of fats
- Promotes a rapid increase in muscle mass without causing any rollback phenomenon
- Slows down the aging of cells
- Helps in improving the circulation of blood
- Shows potential for fast, large gains
- Prevents neuronal damage with its physiological and biochemical effects
- Improves speed and power

Possible Side Effects

Just like the other SARM products out there, YK-11 also has its own set of side effects. It is important to note that the substance has only been tested through in vitro which means that it has only interacted with cells on a petri dish and not yet on a live animal or human tissues although there are others who already claim that it can significantly increase the rate of muscle growth and development of lean muscle mass.

This means that its potential side effects are not yet clearly defined by now, not until formal trials on animals and humans are conducted. There exist some anecdotal accounts from users which suggest that YK-11 causes shedding of hair for those who are prone to hair loss. There are others who report no hair loss at all giving the impression that this effect may be unique in every case based on the individual who took the substance. YK11 appears to have minor liver toxicity, and its' chemical structure differs greatly from that of traditional SARMS as it resembles the chemical structure of DHT (dihydrotestosterone) very closely. Note that this substance is for research and test only and not to be used for human consumption.

NOTE: This product is intended for use in research and testing only. SARMS are substances that are currently on testing stage and should never be tried for the purpose of recreation.

Recommended Dosing:

YK-11				
Goals	Men	Women	Cycle Length	PCT Selection (Men Only)
Building Muscle	10-20mg/day	N/A	8-10 weeks	PCT Table (Heavy PCT)
Maintaining Muscle	5-10mg/day	N/A	6-12 weeks	PCT Table (Normal PCT)
Due to the short Half-Life of YK-11 (8-10 hours), the daily dosage must be split throughout the day. The general recommendation is to split the daily dose into 2. It is recommended to take 6-8 weeks off from SARMS upon completing a cycle				

References:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2907129/>
- <https://www.quora.com/What-should-I-know-about-YK11>
- <https://en.wikipedia.org/wiki/YK-11>

SR-9009 (Stenabolic)

Summary

- Promotes Weight Loss
- Increases Endurance and Stamina by 50%
- Builds Muscle Mass and Tones Muscles
- Non-Toxic Formula
- PCT not needed

Half-life 4-5 hours

Description

SR9009 is a synthetic Rev-Erba ligand that works by increasing the mitochondria count in the muscles, decreasing fat storage, increasing glucose and fatty acid use in muscle, improving cholesterol levels, decreasing the generation of new fat cells, and increasing oxygen consumption.

The popularity of this compound has been on the rise recently. It's one of the latest pharmacology innovations and has been showing good results in aiding fat loss and increasing stamina based on the latest animal testing done by different research.

Stenabolic's Origin

The substance was developed by Thomas Burris, a professor in Scripps Research Institute. It closely associates with Rev-Erba ligand and is capable of being swallowed. The make-up of the compound was found to be peculiar as it aids in stimulating the Rev-Erba protein which in turn makes it highly-influential in different regulatory systems of the human body.

For instance, it's been found to control the glucose and lipid mechanisms, control fat-storing cells, and even regulate circadian rhythms. It also influences macrophages and as well as the metabolism of lipid and glucose. It's also been observed to increase stamina and endurance among the animals used during testing.

The Benefits of Stenabolic (SR-9009)

Stenabolic produces a host of benefits to the lab tested animals. Most of these effects involve cellular level activity which may be hard to understand by common users but here they are in simple terms:

- Increases endurance as it increases mitochondria (power house) activity in cells
- Aids in weight loss
- Influences glucose and lipid metabolism
- Inhibits the creation of fat-storing cells
- Safe to use and non-toxic

NOTE: Tests were only done on animals and not yet on humans. This substance is only intended for research and testing and not as a human performance enhancer.

Possible Side Effects

As of today, there are no known side effects of Stenabolic. Animal tests have not found any harmful effects in taking safe doses of the substance. Side effects such as the suppression of testosterone production have not been observed since Stenabolic does not disrupt hormone production.

With that being said, **the recommended SR9009 dosage is anywhere from 10 to 30mg per day.** Let's say you're doing 30mg per day. That means you'll take 10mg in the morning, the next 10mg about 4-5 hours later and the final 10mg in the evening. This seems to be crucial to optimize effects and results.

Recommended Dosing:

SR-9009 (Stenabolic)				
Goals	Men	Women	Cycle Length	PCT Selection (Men Only)
Building Muscle	20-40mg/day	N/A	6-10 weeks	PCT Table (Light PCT)
Maintaining Muscle	10-20mg/day	N/A	6-12 weeks	N/A

Due to the short Half-Life of YK-11 (4-5 hours), the daily dosage must be split throughout the day. The general recommendation is to split the daily dose into 3 or 4. It is recommended to take 6-8 weeks off from SARMS upon completing a cycle

References:

- <https://www.quora.com/search?q=Stenabolic>
- <https://en.wikipedia.org/wiki/SR9009>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5085709/>

Final key points:

- For cutting fat while retaining muscle use [Ostarine \(MK-2866\)](#).
- For gaining lean muscle and strength use [Ligandrol \(LGD-4033\)](#) or [RAD-140 \(Testolone\)](#).
- For increasing endurance use [Stenabolic \(SR9009\)](#) or [Cardarine \(GW-501516\)](#)
- For a boost in overall effectiveness with any goal add [Nutrobal \(MK-677\)](#) or [YK-11](#) to your cycle.
- After you complete your SARM cycle and PCT wait at least 6-8 weeks before starting another cycle.
- If you have the money I recommend stacking SARMs to get the best results possible.
- The most powerful SARM stack for both bulking and Cutting, is a 12 week cycle of RAD-140, Cardarine, and Nutrobal. Take the normal recommended dose for all three.
- SARMs won't do all the work for you, training and maintaining a healthy diet will give you way better results.
- Check out [this article](#) for fat loss and [this one](#) for gaining muscle.

Warning

Friends, mark my words, SARMs will be almost impossible to find in the near future as they are going to be banned by congress very soon (<https://www.congress.gov/bill/115th-congress/senate-bill/2742>).

If you are interested in taking SARMs now or in the near future I recommend you stock up on some asap as they will eventually be banned.

Recommended SARMs for Bulking:

LGD-4033
RAD-140
MK-2866
MK-677
YK-11

Recommended SARMs for Fat Loss:

MK-2866
LGD-4033
GW-501516
S4
MK-677

Recommended SARMs for Healing:

MK-2866
MK-677
SR-9009

Recommended SARMs for Women:

MK-2866
LGD-4033
GW-501516
S4

RAD-140

Recommended SARMS for:			
Bulking	Fat Loss	Healing	Women
LGD-4033	MK-2866	MK-2866	MK-2866
RAD-140	LGD-4033	MK-677	LGD-4033
MK-2866	GW-501516	SR-9009	GW-501516
MK-677	S4		S4
YK-11	MK-677		RAD-140

All SARMS can be stacked. Here's a sample for Bulking and Fat Loss Cycles.

Sample Stacks

Bulking

LGD-4033 - 20mg/day

MK-2866 - 25mg/day

MK-677 - 25mg/day

Bulking Cycle Sample			
Compounds	Dosage	Cycle Length	PCT Selection (Men Only)
LGD-4011	20mg/day	8-10 weeks	PCT Table (Heavy PCT)
MK-2866	30mg/day		
MK-677	25mg/day		
MK-677 dose can be increased to 50mg/day after 4 week and can be taken up to 6 months.			

Fat Loss

MK-2866

LGD-4033

GW-501516

Fat loss Cycle Sample			
Compounds	Dosage	Cycle Length	PCT Selection (Men Only)
LGD-4011	10mg/day	8-10 weeks	PCT Table (Normal PCT)
MK-2866	25mg/day		
GW-501516	20mg/day		
GW-501516 can be increased to 30mg/day if needed on workout days. Doses must be split.			

Recomp Cycle