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THE ULTIMATE GUIDE TO
SARMS

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THE ULTIMATE Guide to SARMs

This **SARMs Cycle Guide** is your go-to reference for the safest and most effective research methods when it comes to selective androgen receptor modulators. If you're unsure about the many different compounds, their half-life and recommended dosages, then you're in the right place.

If you've made the decision to run a **SARMs** cycle to help you increase muscle mass, gain more strength and lose body fat without sacrificing muscle, then you need to know how to do it. This article will run you through exactly how to use the most popular SARMs, including their recommended dosages.

What are SARMs?

SARMs are Selective Androgen Receptor Modulators, chemicals which work selectively on the body's androgen receptors to help you gain muscle and strength in a targeted way, with limited side effects.

Why use SARMs?

SARMs are thought to have similar effects to anabolic steroids and prohormones but without the risks and side effects.

SARMs are non-toxic and will not impact your body's test levels, so there is no need for PCT (post cycle therapy) and no risk of hormone-associated side effects like gynecomastia.

SARMs are known to help you gain muscle mass, build strength, and lose body fat whilst retaining muscle. If you want that big, lean look with full dense muscles, SARMs can probably help you get there.

The last decade has witnessed unprecedented discovery effort to develop selective androgen receptor modulators (**SARMs**) that improve physical function and bone health without adversely affecting the prostate and cardiovascular outcomes.



How to take SARMS?

SARMS are widely available and not associated with side effects unless you exceed the recommended dosage. That's why you should read up on how to take **SARMS** so you get maximum benefits without any risks. It's really pretty simple to achieve your goals as long as you stay within the guidelines and buy from a trusted supplier.

SARMS are available as a powder (provided in a capsule or tablet) or suspended in a liquid. All **SARMS** are a raw powder isolate in their original form; it is a misconception that liquid SARMS are more effective – this is simply not the case. Ultimately, whether you do your research with capsules, tablets or liquids, will come down to personal preference.

Popular sarms cycle & dosages Each **SARMS** cycle is different, with various types of delivery methods, as well as varying concentrations and strengths. That said, every SARMS user sticks to a dosage range. In general, most compound dosages range from 5mg to 30mg per dose. Be aware that some SARMS have more powerful effects, even at lower doses. So always start low to assess your response and increase (in 5mg) as necessary.



PRODUCT LGXNDS SARMS



Super King **S-23**

Strongest Sarm
Increased muscle mass
Reduced fat mass



Human Growth Hormone **MK-677**

Enhance Sleep
Boost Recovery
Increase Appetite



Radiculous **RAD-140**

Boost Muscle Mass
Boost Strength
Melt Fat140



Ostashred **MK-2866**

Boost Fatloss
Boost Recovery
Retain Hard Earned Muscle



Myogrow **YK-11**

Muscle Growth
Improved strength
Enhance Fatloss



Cardalean **GW-501516**

Enhance Endurance
Enhance Lean Muscle
Non Hormonal



Lgxndary **LGD-4033**

Harden Muscles
Boost Size/Strength
Boost Fatloss

PRODUCT



MULTI BLENDS



Destroyer
Stack

Diced
Stack

LIMITED EDITION

We wanted to create a monster in this industry
and we believe we did just that!



Radiculous
RAD-140

Super King
S-23

Lgxndary
LGD-4033

Ostashred
MK-2866

Cardalean
GW-501516

SHRED SERIES

If you're looking to get diced! Then this is for you!
Enjoy all 3 of these sarms to alter fat loss



Lgxndary
LGD-4033

Ostashred
MK-2866

Cardalean
GW-501516

Cycle Lengths

Most of the SARMS carry minimal side effects but do carry side effects. Due to the nature of the effects, it's best to take SARMS during peak hormone levels. Hormone levels like testosterone will decrease and naturally need a break in cycle to regain normalcy. This brings us to cycle length.

The most optimal timeframe for most SARMS is 8-12 weeks. This includes: LGD-4033, MK- 2866, RAD140, S-4, & YK-11. Other chemicals like GW-501516 and MK-677 can be taken in much longer timeframes, up to 6 months.

Types of Cycle

SARMS cycles can vary in length and compounds depending on goals. SARMS can be used for different goals like:

- Fat Loss
- Muscle Building
- Strength & Performance
- Recomposition

All of the chemicals in this guide are different. Most have different effects than the other but many can be similar to one another. For instance, YK-11 can be very similar to LGD-4033 in that the strength and manipulation of the androgen receptor can be quite equal.

Therefore, it wouldn't be beneficial to stack the two.

Cycles can be one-compound only cycles or made up of 3 or more compounds. The following pages should help you figure out which compound and stack is right for your goal.

Fat Loss Cycle

Fat loss is achieved when your body is in a caloric deficit. Fat loss is a catabolic process. Take that word to heart because muscle growth requires your body to be in an anabolic state. This isn't a biochemistry guide, however it's very misunderstood in the community that building muscle and losing fat can be achieved at the same time. While this isn't a complete fallacy, it is not optimal. This is literally why bodybuilders have off seasons and on seasons to split the two states apart.



Mass Cycle

Mass is achieved when your body is in a caloric surplus. Muscle growth is an anabolic process. The best chemicals to help manipulate the receptors in this state are:

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

Each compound is slightly different but some are very similar. YK-11 and LGD-4033 are very similar.

RAD-140 can be stacked with all and should be. It's testosterone-like and a great augmenter. MK-677 manipulates growth hormone and therefore can be used with all compounds but also not necessary and can be subtracted from all stacks.

The following are the most preferred stacks:

YK-11, RAD-140, MK-677

LGD-4033, RAD-140, MK-677

The following can be used standalone:

- YK-11
- LGD-4033

Similar to the fat loss cycles, using the others in this list only moves the needle more for building more mass.

Recomp Cycle

Recomposition occurs after a large drop in fat (usually) after being in a caloric deficit. The main goal when recomping is to retain as much mass as possible, not gain a bunch of fat, and return calories back towards maintenance levels. The following chemicals are the best at recomping:

- LGD-4033
- MK-2866

Strength Cycle

Strength and performance only cycles are usually achieved by just one chemical alone. The following chemicals are typically best suited for strength or performance:

- LGD-4033
- S-4
- RAD140

Dosing Chart

Compound	Full Dose	Half Life	Cycle Length	Post Cycle
RAD-140	30mg	16-20 hours	8-12 weeks	Yes
LGD-4033	20mg	30 hours	8-12 weeks	Yes
MK-677	40mg	24 hours	8-12 weeks	Yes
MK-2866	50mg	24 hours	8-12 weeks	Yes
S23	20mg	6 hours	8-12 weeks	Yes
YK-11	10mg	4-6 hours	8-12 weeks	Yes
Cardarine	20mg	16-24 hours	8-16 weeks	No
HGH	25mg	24 hours	16 weeks	No
S-4	75mg	3-4 hours	8-12 weeks	Yes

Time of Dose

Most of the chemicals listed in this guide have a half-life of 24-32 hours. Which means, they can be taken any time of day and won't have any stimulation or other alternative effects.

It's important to note, due to these long half-lives, the efficacy of most of these chems is usually 5 days. There are 3 exceptions: S-4 and YK-11 have a half-life of 6-12 hours and should be dosed at a minimum of twice daily, three being optimal.

Mk-677 may cause lethargy but also vivid dreams and increase in hunger and should take in accordance with those sides.. for example, Mk-677 works best typically at night and early mornings. Lastly, Tadalafil is best used in two scenarios:

- Taken at 10-20mg an hour before sexual activity
- Taken before the gym at 5mg

for an increase in blood flow but should be noted this blood flow and other effects will remain throughout the day.

Tadalafil has a half-life of 72 hours.

PCT

Post cycle therapy is important after your cycle is complete. Most of the SARMS will be somewhat suppressive, meaning, natural production of testosterone will decrease and worst case scenario (not likely) cause a shutdown. SARMS, due to their chemical structure do not aromatize (testosterone converted into estrogen). However, due to the reduction in testosterone, an imbalance can be created between testosterone and estrogen levels causing hormones like LH & FSH to increase subsequently causing issues like gynecomastia.

Therefore, the proper protocol for a post cycle therapy is one that promotes production of natural testosterone. Most PCTs you find online or in supplement shops will contain some sort of the following:

- D-Aspartic Acid (DAA)
- Tribulus Terrestris
- Vitamin D
- DHEA
- Zinc

PCTs should only be 4 weeks as natural testosterone production is quite quick in recovery.



