

STEEL

ANDRO GUIDE



MASS STACK



**INCLUDES ONE (1) BOTTLE EACH OF:
1-ANDRO • ALPHA-AF**

For ideal results, you will want to use Alpha-AF as a post cycle therapy, waiting until after you have finished your 4 weeks of 1-Andro.

1-Andro: Take one (1) tablet in the morning on an empty stomach, waiting 30-60 minutes before consuming food. 10-12 hours later, take one (1) tablet on an empty stomach, waiting 30-60 minutes before consuming food. Continue this for the entirety of the cycle, every day. Do not skip any days, and do not try to “catch-up” by taking extra Andros at one time if you miss a dose.

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ULTIMATE MASS STACK



**INCLUDES ONE (1) BOTTLE EACH OF:
1-ANDRO • 4-ANDRO • 19NOR-ANDRO**

You'll take one tablet of each Andro first thing when you wake up on an empty stomach to maximize absorption (minimum 30 minutes, you do not need to exceed 60 minutes), then you'll take one of each Andro again 10-12 hours later on as much of an empty stomach as possible (3 Andro tablets, 2x daily). You'll be taking them every day, even on days you aren't working out to make sure they stay in your system. After you finish your 4 week cycle you'll want to start taking Alpha-AF as a Post Cycle Therapy for the following 4 weeks to help solidify your results. Make sure you raise your caloric intake while you're on the stack to make sure you get as much muscle growth as possible. It is crucial to be in a true caloric surplus, if you are looking to put on muscle mass. Be sure to increase your protein intake significantly!

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PRO SERIES MASS STACK



INCLUDES ONE (1) BOTTLE EACH OF:
1-ANDRO • 4-ANDRO • 17A-ANDRO
19NOR-ANDRO • ALPHA-AF

You will take one tablet of each Andro first thing in the morning on an empty stomach for maximum absorption (minimum 30 minutes, you do not need to exceed 60 minutes). Then 10-12 hours later you will take one tablet of each Andro again on as much of an empty stomach as possible (4 Andro tablets, 2x daily). Take 1 Alpha-AF per day with your first meal while you're on the Pro Series Mass Stack. You will continue to take the Andros 7 days a week, even on days you don't train. After you

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finish your 4 week cycle you'll continue taking Alpha-AF but up the dosage to 3 capsules daily as a Post Cycle Therapy for the remainder of your capsules (should be 60 capsules AKA 20 days) to help solidify your results. Make sure you raise your caloric intake and Protein while you're on the stack to make sure you get as much muscle growth as possible. It is crucial to be in a significant, true caloric surplus to make sure you are putting on as much quality size as possible, especially on the Pro Series Mass Stack, with an emphasis on an increase in protein consumption.

BEACH BOD STACK



INCLUDES ONE (1) BOTTLE EACH OF:
1-ANDRO • 3-EPI-ANDRO • 7,3-ANDRO
N.O.7 • ADABOLIC

You'll take one tablet of each Andro first thing when you wake up on an empty stomach to maximize absorption (minimum 30 minutes, you do not need to exceed 60 minutes), then you'll take one tablet of each Andro again 10-12 hours later on as much of an empty stomach as possible (3 Andro tablets, 2x daily). You'll be taking them every day, even on days you aren't working out to make sure they stay in your system.

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BEACH BOD STACK (CONTINUED)

The N.O.7 is best taken 20-30 minutes before your workout. N.O.7 is a non-stimulant pre-workout, so you can take our other pre-workout products with it. You can also use N.O.7 for strenuous cardio sessions.

When to take the ADAbolic depends on your intended goals. For muscle growth take Pre-Workout; for weight loss take Post-Workout; for both take Intra-Workout.

The amount of ADAbolic to take is dependent on your weight. Below is the amount you should take depending on your weight:

- 100lbs-150lbs: 1-1.5 servings per training day
- 150lbs-200lbs: 1-2 servings per training day
- 200lbs-250lbs: 1-2.5 servings per training day
- 250lbs plus: 1-3 servings per training day

ULTIMATE SHRED STACK



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INCLUDES ONE (1) BOTTLE EACH OF: 7,3-ANDRO • SHREDDED-AF • 3-EPI-ANDRO

Take one of each Andro, and one capsule of Shredded-AF in the morning on an empty stomach (30 minutes before consuming food minimum, you do not need to exceed 60 minutes) (or you can take the Shredded-AF with your first meal, a half hour after taking your Andros). Then take one of each Andro again 10-12 hours later on as much of an empty stomach as possible (2 Andro tablets, 2x daily). You will take the Andro's every day, even on days you don't workout. Once you've established your tolerance you may take up to 2 Shredded-AF per day. We recommend taking a day off from Shredded-AF once or twice a week to not build up a tolerance. Do not mix Shredded-AF with any other stimulants (coffee, energy drinks, etc.). Keep in mind you will want to be in a true caloric deficit while on this cutting stack to maximize your shredding cycle!

RIPPED STACK



**INCLUDES ONE (1) BOTTLE EACH OF:
7,3-ANDRO • 3-EPI-ANDRO • 17A-ANDRO**

In the morning take one (1) tablet of each Andro (7,3-Andro, 3-EPI-Andro, 17a-Andro) on an empty stomach, waiting 30-60 minutes before consuming food. 10-12 hours later, take one (1) tablet of each Andro (7,3-Andro, 3-EPI-Andro, 17a-Andro) on an empty stomach, waiting 30-60 minutes before consuming food. The Ripped Stack is designed to hold onto muscle composition while dropping body fat, so even as you reduce your total caloric intake, make sure to keep protein consumption high in order to assist with muscle preservation. Once you have finished your cycle, regardless if it is a 4 week or 8 week cycle, use Alpha-AF for Post Cycle Therapy purposes.

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ULTIMATE RIPPED STACK



**INCLUDES ONE (1) BOTTLE EACH OF:
1-ANDRO • 3-EPI-ANDRO • 7,3-ANDRO
ALPHA-AF**

In the morning upon waking up, take 1 tablet of 1-Andro, 3-Epi-Andro, and 7,3-Andro in addition with 1 capsule of Alpha-AF, on an empty stomach (4 pills total). Wait 30-60 minutes before consuming food.

10-12 hours following your AM dose, take 1 tablet of 1-Andro, 3-Epi-Andro, and 7,3-Andro on an empty stomach (3 pills total). Wait 30-60 minutes before consuming food. Once you have fully finished your Andro cycle, take 3 capsules of Alpha-AF in the morning with a meal until the PCT has been completed.

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ALPHA-AF FOR PCT

(POST-CYCLE THERAPY)



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Whenever you decide to finish your Andro cycle, whether that is 4 weeks or 8 weeks, you will need to use Alpha-AF to modulate and stabilize hormonal production, and lock in the progress you have made.

PCT PROTOCOL:

You'll take 3 capsules of Alpha-AF once a day with a meal. Alternatively, you can take 1 capsule 3 times per day, if you wish to do so. Continue taking 3 capsules a day until the bottle is empty. When you have completed your Post Cycle Therapy you may start another stack. (keep in mind that if you run 8 weeks of Andros, you will need to wait an additional 4 weeks before starting Andros again).

TIMELINE FOR ANDROS AND PCT

4 WEEK ANDRO CYCLE:

- 4 Weeks of Daily Andro Usage
- 4 Weeks of Alpha-AF PCT

Since the time on Andros (4 weeks) and the time off Andros (4 weeks) are the same, you are now eligible to run another Andro cycle if you wish to do so.

8 WEEK ANDRO CYCLE:

- 8 Weeks of Daily Andro Usage
- 4 Weeks of Alpha-AF PCT
- 4 Weeks of Additional Time Off Period

Since the time on Andros (8 weeks) and the time off Andros (8 weeks) are the same, you are now eligible to run another Andro cycle if you wish to do so.

FAQs

[CLICK HERE FOR MORE INFORMATION ON THE COMPLETE LINE OF STEEL ANDROS](#)

Additional FAQs can be found on the specific product page.

Q: If I am already partway through an Andro cycle, can I add-in other Andros?

A: We recommend finishing the Andro cycle that is already in-progress, and then adding in the other Andros once the first cycle has finished. The reason for this is that your Andro consumption will become “staggered”, meaning you will be finishing Andros at different times if you do not start and stop Andro consumption as a collective. Hormonally, this is not ideal and should generally be avoided.

Q: Is it okay to go from an Ultimate Mass Stack to an Ultimate Shred Stack without a PCT in-between?

A: Sure, you are absolutely able to do so. That being said, going directly from a 4 week bulk cycle into a 4 week cutting cycle would actually be less efficient than running a bulking cycle for 8 weeks, PCT for 8 weeks, and then running a cutting cycle for 8 weeks. It will take longer, but changing your body is a long process (if you want to do it right). That being said, if you are experienced with Andros and how you react to them, you can use them at your discretion. Many people jump between specific stacks without issue.

Q: Can I run an 8-week stack in 4-weeks by doubling the dosage of Andros?

A: We highly suggest not doing so, as this would be potentially dangerous to your body, but is essentially a waste of your money as well. Because of the saturation mechanisms of Andros, as well as the length of time you cycle Andros, you would not see a worthwhile benefit from doubling up in such a way, while also putting your hormonal balance at risk of seeing some adverse effects (such as decreased sense of wellbeing, feeling “flat” in terms of muscle composition, cognitive disruptions, etc). Simply follow the Andros as instructed.

Q: Can I take the Andro's while on TRT, HRT or SARMS?

A: TRT is a doctor-prescribed hormone therapy protocol, and for that reason, you need to check with your doctor, as they will know and understand your situation best. SARMS are research chemicals not designed for human consumption, and we do not recommend using SARMS, or combining them with anything. Andros are a safer, more effective alternative.

Q: What should I do if I get sick midway through my Andro Cycle or my PCT?

A: If you become sick during an Andro or PCT cycle, consult with your doctor. Your longevity and health are always ours, and hopefully your, top priority.

Q: Will my body stop producing its own hormones?

A: No! Andros are not a permanent (lifelong) product, with a maximum cycle time of 8 weeks, followed by an 8 week break. When you are post-cycling, your body (with the assistance of Alpha-AF PCT) will help to bring you to your natural state of hormonal harmony, with a gradual tapering of your T to help lock-in gains made on the Andros.

Q: Am I going to have to rely on this forever?

A: No! Andros are only used for a maximum of 8 weeks before requiring an equal amount of time off for post cycle therapy purposes. This is not TRT or HRT, and therefore can be cycled on and off as desired.

If you have any further questions regarding the Andros or Andro Stacks please feel free to contact a Product Specialist directly at (941) 253-5401 Option 1