

# PCT & Your Health

The primary goal of PCT is to quickly restore testicular volume and function. The aim is to increase natural testosterone production so as to avoid "steroid crash" and minimise losing a substantial amount of your cycle muscle mass gains.

Blood tests post cycle is the only sure way to determine your current hormone levels.

## 2 Examples of a PCT Schedule

## PCT (Post Cycle Therapy)

### Example 1: Clomid & Nolva

#### Suggested doses

Clomid 50mg once a day and

Nolva 20mg once a day

Weeks 1 to 4: Clomid and Nolva daily

#### Consider checking bloods:

Just prior to completion of Clomid/Nolva use

Also: at least 4 weeks after completing Clomid and Nolva

Consider checking a semen analysis if fertility status is relevant

### Example 2: Includes HCG use

In addition to Clomid & Nolva as above example 1

Weeks 1 to 3: 1000 iu of HCG every 2nd day for 10 x injections

If you have been on AAS for longer than 6 months, consider up to 8 weeks of Clomid/Nolva therapy.

*These are just two example guides of a PCT program*

Begin PCT therapy about 3-7 days before all anabolic steroids from your cycle are predicted to clear the body (see below).

## When to start PCT

This depends on the half-life of the compound and dose being used.

For example:

Testosterone Enanthate 500mg/week:  
start PCT 2 weeks after last injection

### HCG

**HCG** aims to quickly re-start your testicular function, bring them back to normal size and prime them for other hormones.

### Clomid and Tamoxifen (Nolva)

**Clomiphene (Clomid)** is used to re-start the natural testosterone production by stimulating the release of LH and FSH.

**Tamoxifen: (Nolvadex)** is used to block free floating estrogen and assist in natural testosterone production.

## Avoid Post-Cycle Crash

PCT can assist you to avoid the 'post cycle crash', when you can lose a substantial amount of the muscle mass you've just gained, experience reduced energy levels, depression, and impaired libido/ sexual functioning.

Studies have shown that using PCT can return your body's hormone state to its natural levels within 6 weeks, rather than waiting 18 weeks (or longer).

**Your body will be recovered quicker, so you are ready to commence your next cycle (if desired) and increase your muscle mass and strength further.**

 It is recommended to consult a Medical Practitioner who is familiar with AAS & PIEDs

Medical practitioners can only prescribe AAS or PIEDs for legitimate diagnosed medical reasons

*This information is a general guide only to assist  
MAXIMUM HEALTH*