

SARMs: A Comprehensive Guide to Cycles and New Developments in 2024

In this ebook we will go over

1. How the World of Sarms Has Changed in 2024
2. What Sarms Are
3. Where to Buy Sarms in 2024
4. Each Major Sarms, Benefits, Side Effects, Dosing, and More
5. Full Injectable Sarm Breakdown
6. Complimentary Compounds to Add to your Sarm Cycle
7. Mitigating Side Effects
8. How to Build a Sarm Cycle
9. PCT
10. Sample Cycles

And More!

MY FAVORITE SARM SOURCES

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Intro: What Is New In the World of Sarms in 2024?

If you are purchasing this book you might think you already know everything about sarms or that sarms have become obsolete in 2024. The reality could not be further from the truth. Sarms are still an amazing option for those looking to pack on serious size and mass, and with the knowledge we now have on sarms we can build super optimal cycles with minimal side effects for a fantastic cycle experience!

So whether you think you know everything about sarms or think sarms are useless I can guarantee that you will find value within this ebook!

Again we go past just the basic sarm info that has been pushed over the past few years and really dive into some more niche topics like injectable sarms and which ones of those you should explore.

What Are Sarms?

What Are SARMs?

Selective Androgen Receptor Modulators, commonly known as SARMs, are a class of therapeutic compounds designed to have similar effects to anabolic steroids but with fewer side effects. SARMs selectively target androgen receptors in specific tissues, such as muscle and bone, which allows them to stimulate anabolic activity (like muscle growth) without affecting other organs and tissues as much as traditional anabolic steroids would.

Why Were SARMs Produced?

SARMs were initially developed for medical purposes. Researchers sought to create a compound that could mimic the muscle-building effects of anabolic steroids without the harmful side effects associated with steroids, such as liver toxicity, cardiovascular problems, and hormonal imbalances.

The primary goals for the development of SARMs included:

1. **Treating Muscle Wasting Conditions:** Conditions such as cancer cachexia, muscular dystrophy, and osteoporosis result in significant muscle loss and weakness. SARMs were designed to help combat these conditions by promoting muscle growth and bone density without the side effects of steroids.
2. **Improving Bone Health:** SARMs were also developed to address osteoporosis and other bone-related conditions by increasing bone density and strength, reducing the risk of fractures.
3. **Hormone Replacement Therapy:** SARMs have potential use in hormone replacement therapy, particularly in men with low testosterone levels. They can help restore normal hormone levels without the same risks associated with traditional testosterone replacement therapy.

How Do SARMs Work in the Body?

SARMs work by selectively binding to androgen receptors in specific tissues like muscle and bone. Androgen receptors are proteins that respond to hormones such as testosterone. When SARMs bind to these receptors, they activate anabolic processes, leading to muscle growth and increased bone density.

Unlike anabolic steroids, which affect all androgen receptors throughout the body, SARMs are selective in their action. This selectivity means that SARMs can target muscle and bone tissues more specifically, reducing the likelihood of adverse effects on other organs such as the liver, prostate, and cardiovascular system.

Here's a breakdown of the mechanism of action:

1. **Selective Binding:** SARMs selectively bind to androgen receptors in muscle and bone tissue. This selective binding stimulates anabolic activity in these tissues while minimizing androgenic effects (such as those affecting the prostate and skin).
2. **Anabolic Effects:** Once bound to the androgen receptors, SARMs enhance protein synthesis, leading to increased muscle mass and strength. They also promote bone density by stimulating bone-forming cells.
3. **Minimal Side Effects:** Due to their selective nature, SARMs generally have a reduced risk of side effects compared to anabolic steroids. For example, they are less likely to cause liver damage, cardiovascular issues, or significant hormonal imbalances.

Benefits of SARMs

1. **Muscle Growth:** SARMs are highly effective in promoting lean muscle mass, making them popular in bodybuilding and fitness communities.
2. **Increased Bone Density:** SARMs help strengthen bones, which can be beneficial in treating or preventing osteoporosis.
3. **Fat Loss:** Some SARMs also have fat-burning properties, helping users achieve a leaner physique while preserving muscle mass.
4. **Improved Recovery:** By promoting anabolic processes, SARMs can enhance recovery from intense workouts, reducing muscle soreness and improving performance.
5. **Reduced Side Effects:** Compared to anabolic steroids, SARMs are associated with fewer side effects, particularly in terms of liver toxicity, cardiovascular health, and hormonal balance.

Common Side Effects of SARMs

While SARMs are generally considered safer than anabolic steroids, they are not entirely free of side effects. Potential side effects include:

1. **Hormonal Imbalance:** SARMs can suppress natural testosterone production, leading to hormonal imbalances. Post-cycle therapy (PCT) is often recommended to help restore normal hormone levels.
2. **Liver Toxicity:** Although less hepatotoxic than steroids, some SARMs can still impact liver function, particularly when used in high doses or for extended periods.
3. **Cardiovascular Effects:** Some SARMs can negatively affect cholesterol levels, potentially leading to cardiovascular issues over time.
4. **Hair Loss:** While not as common as with steroids, some users may experience hair thinning or loss, particularly if they are genetically predisposed to male pattern baldness.

5. **Acne and Skin Issues:** Androgenic effects can sometimes lead to acne or other skin conditions, though this is generally less severe than with traditional anabolic steroids.

Where to Purchase Sarms in 2024

Now if you are coming to just see where the best places to buy Sarms are, then here you go this section is for you.

The two sarm vendors who we trust the most are Modern Aminos and Kimera chems.

You can use code biohack at modern aminos or insights to save at kimera

Why do we trust these places so much ... ?

Third Party Testing

For starters they third party test all of their products meaning that you know what you are getting and how much. Other companies do not perform this testing which can lead to products that are not as reliable. Both of these companies strive to have high quality and tested products.

Fast Shipping

Both of these places also ship super fast which can be important if you need another bottle of sarms or an ancillary. Modern Aminos aims to ship most orders same day if they are shipped early enough which can be super helpful for your research.

Diverse Offerings

These companies have everything you need. Both companies have everything you need to build a full sarm cycle with ancillaries to help you properly run your cycle.

Great Customer Service

If you do happen to have an issue (which is rare) both companies we have found are extremely responsive when it comes to customer service related matters. This is super helpful for those who have faced poor customer service issues in the past.

Trusted Sourcing of SARMS

[Kimera Chems](#) | code insights 10% Off

[Modern Aminos](#) | code biohack 10% Off

Breakdown of Each Major Sarm (Oral)

In this section we will breakdown each sarm

Ostarine

Modern Aminos: <https://modernaminos.com/product/mk-2866-ostarine/>

Kimera Chems: <https://kimerachems.co/product/mk-2866-ostarine/>

Code: biohack

What Is It?

The primary purpose of Ostarine's development was to address muscle wasting conditions and support bone health without the androgenic side effects associated with traditional anabolic steroids. It was envisioned as a way to enhance muscle growth and prevent muscle loss in individuals with medical conditions that result in muscle wasting, as well as to improve bone density.

Benefits

Muscle Growth: Ostarine has been found to promote muscle growth and an increase in lean body mass, making it appealing to athletes and bodybuilders looking to enhance their performance and physique.

Bone Health: Ostarine may help increase bone density and strength, which could be particularly beneficial for individuals with osteoporosis or those looking to support their skeletal system.

Joint Health: Many people notice improved joint pain and mobility when using ostarine

Mood Boost: Unlike other sarms ostarine tends to put the user in a good and uplifted mood. Whereas other sarms make people aggressive, ostarine tends to make people happy and uplifted.

Improved Cosmetics: Ostarine tends to add a bit of hardness and vascularity to ones physique when using.

Side Effects:

Hormonal Imbalance: Ostarine can suppress natural testosterone production, potentially leading to hormonal imbalances if not used responsibly. Post-cycle therapy (PCT) may be necessary to restore natural hormone levels after using Ostarine.

Mild Androgenic Effects: Although Ostarine is less androgenic than traditional steroids, some users may still experience mild androgenic effects, such as acne and changes in libido.

Cardiovascular and Metabolic Concerns: There is some concern that Ostarine may affect lipid profiles and cardiovascular health, including changes in cholesterol levels and blood pressure. Regular monitoring is advisable.

Liver and Kidney Stress: Ostarine also can be stressful on the liver and kidneys depending on the dosage.

Dosing/How to Use:

Typically Ostarine is dosed between 5-20 mg ED. If you are a girl 5mg is a perfect dosage. For males 10-20mg is a good dosing scheme that can be effective.

I also recommend running this for about 8-10 weeks. Start with a lower dose and titrate up if needed as the cycle goes on.

RAD-140

Modern Aminos: <https://modernaminos.com/product/rad-140/>

Kimera Chems: <https://kimerachems.co/product/rad-140-testolone/>

Code: biohack

What Is It

Rad 140 is a sarm that was originally designed for hypogonadal men, as a male birth control aid, and potential now as a treatment for females with breast cancer.

Benefits

Improved Muscle Mass: Rad will definitely help you build a great physique and build muscle. It is an extremely powerful sarm for helping to recomp and build muscle and strength.

Improved Weight Loss: While Rad is not a direct weight loss agent, it will boost metabolism to a point where it can help the user to lose weight. Many users in fact struggle maintaining weight on rad.

Improved Cosmetics and Strength: Rad also improves a users look greatly providing a harder, fuller, and more vascular look. Strength will also go up big time on rad.

Gyno: Early research has shown that rad140 may be helpful in treating some breast cancers for women. This may also help certain males who take it with gyno.

Prostate Health: Some people have also reported their prostate values decreasing on RAD140

Neuroprotective: Early rate studies have shown that RAD may also be neuroprotective for the user.

Side Effects:

Hair Loss

Some users have reported experiencing hair loss while using RAD-140. This side effect is not uncommon with androgenic substances, as they can affect hair follicles, leading to male pattern baldness, especially in individuals who are genetically predisposed to it.

Hormonal Imbalance: RAD-140 can suppress natural testosterone production. Prolonged use without proper post-cycle therapy (PCT) can lead to hormonal imbalances, which may result in symptoms like low libido, mood swings, and muscle loss.

Liver Stress: While SARMS like RAD-140 are often considered less hepatotoxic (harmful to the liver) than some other performance-enhancing substances, there is still a potential risk of liver stress when using high doses or for extended periods. Regular monitoring of liver function is recommended.

Kidney Stress: Some users have reported kidney-related issues while using RAD-140, but more research is needed to determine the extent and causation of these concerns. Staying well-hydrated and monitoring kidney function may be advisable.

Mood Changes: RAD-140 can influence mood and behavior in some individuals. Users have reported mood swings, irritability, and even increased aggression. These psychological side effects can vary from person to person.

Cardiovascular Risks: There are concerns that RAD-140 may have adverse effects on cardiovascular health, such as raising blood pressure and affecting cholesterol levels. These risks should be considered, especially in individuals with pre-existing heart conditions.

Endocrine Disruption: SARMS like RAD-140 can disrupt the endocrine system, potentially leading to irregularities in hormonal signaling, which can have long-term consequences on overall health and well-being.

Gynecomastia: While not as common as with some other androgenic substances, RAD-140 can still potentially lead to gynecomastia (the development of breast tissue in males) due to hormonal imbalances.

Unknown Long-Term Effects: SARMS like RAD-140 are relatively new, and there is limited long-term research on their safety and efficacy. Consequently, there may be unknown side effects or risks associated with prolonged use.

Joint Pain: Another side effect is that it can wreak havoc on your joints leading to a higher risk of injury. Stack with the injectable joint formula to help ease these issues.

Dosing/How to Use:

Rad 140 is a sarm that is powerful enough to where it can be used about an hour before a workout and give the user a huge boost.

Standard dosing is anywhere between 10-30mg per day depending on experience level, but be cautious as it does carry with it a 60 hour half life so it does not have to be dosed everyday. If you do it everyday take this into account with your dosing scheme. Personally I recommend 10mg an hour before your workout everyday.

LGD-4033

Modern Aminos: <https://modernaminos.com/product/lgd-4033/>

Kimera Chems: <https://kimerachems.co/product/lgd-4033-ligandrol/>

Code: biohack

What Is It?

LGD, or Ligandrol, is a synthetic compound that falls into the category of selective androgen receptor modulators (SARMS). SARMS are designed to interact with androgen receptors in the body, primarily in muscle and bone tissues, with the goal of promoting muscle growth and potentially other effects.

LGD was originally developed for medical purposes and is being explored for its potential in treating conditions such as muscle wasting, osteoporosis, and hormone-related issues. Its selective nature was envisioned as a way to stimulate muscle growth without the androgenic side effects associated with traditional anabolic steroids.

Benefits

Muscle Growth: LGD has been reported to promote muscle growth and increase lean body mass, making it appealing to those seeking to improve their physique and strength. When it comes to bulking LGD is one of the most powerful bulking sarms someone could use.

Fuller Look: LGD creates a very full and powerful look in the user. It is one of the most watery sarms and similar to DBOL.

Enhanced Recovery: Users have suggested that LGD may aid in post-workout recovery, potentially reducing muscle soreness and allowing for more frequent and intense training sessions.

Fat Loss: LGD may have a slight fat-burning effect, which can contribute to a leaner physique.

Minimal Androgenic Side Effects: Compared to traditional anabolic steroids, LGD is thought to have fewer androgenic side effects, such as hair loss, prostate issues, and virilization in women.

Joint Protection: Due to how watery it makes the user LGD can help to protect the joints from injury. If you have joint issues choosing this over rad will be beneficial

Hair Safe: LGD is also a very hair safe sarm so if you have hair loss this could be a good option for you.

Side Effects

Hormonal Imbalance: LGD can suppress natural testosterone production, potentially leading to hormonal imbalances if not used responsibly. Post-cycle therapy (PCT) may be necessary to restore natural hormone levels after using LGD.

Mild Androgenic Effects: While LGD is less androgenic than traditional steroids, some users may still experience mild androgenic effects, such as acne and changes in libido.

Cardiovascular and Metabolic Concerns: There is some concern that LGD may affect lipid profiles and cardiovascular health, including changes in cholesterol levels and blood pressure. Regular monitoring is advisable.

Regulatory and Ethical Considerations: SARMS like LGD are often banned by sports organizations and are considered unethical for use in competitive sports due to their potential performance-enhancing effects.

Water Retention: LGD also puts a lot of water on the user which can cause things like high blood pressure and stress on the heart.

Dosing/How to Use:

LGD should be used between 5-15mg. This sarm is quite powerful and packs a pretty strong punch so make sure to start low and slowly work your way up.

You can run this for about 8-10 weeks if you are keeping an eye on your bloodwork.

S-4

Modern Aminos: <https://modernaminos.com/product/s4-50mg-ml/>

Kimera Chems: <https://kimerachems.co/product/s-4-andarine/>

Code: biohack

What Is It?

S4 is a non-steroidal SARM designed to selectively bind to androgen receptors in the body. Unlike traditional anabolic steroids, SARMs like Andarine aim to provide targeted anabolic effects in muscle and bone tissues with reduced impact on other organs.

S4 operates by selectively binding to androgen receptors in muscle and bone tissues, mimicking the action of endogenous androgens like testosterone. This selective binding triggers anabolic processes, promoting muscle growth and bone density without the androgenic side effects associated with traditional steroids.

Benefits

Muscle Growth: S4 has shown promise in promoting muscle growth by selectively targeting androgen receptors in muscle tissues, stimulating protein synthesis.

Strength Enhancement: Users of S4 often report improvements in strength, making it a potential tool for enhancing athletic performance.

Fat Loss: S4 has been associated with fat loss, as it may increase metabolic rate and promote the utilization of stored fat for energy.

Bone Density Improvement: Some studies suggest that S4 may contribute to increased bone density, supporting overall skeletal health.

Improved Mood: S4 also can help with certain mood based issues that users may run into. Unlike other SARMS, S4 actually improves one's mood.

Bodybuilders may incorporate S4 into their regimens for various reasons. It is often used during cutting phases to preserve muscle mass while promoting fat loss. Additionally, S4's reported ability to enhance strength and improve muscle definition makes it appealing for individuals aiming to sculpt a lean and muscular physique.

Side Effects:

S4 is a more mild sarm but still does come with its own set of side effects.

Vision Disturbances: One notable side effect reported with S4 use is vision disturbances, particularly a temporary yellow tint in vision, which is believed to be associated with the compound's affinity for ocular androgen receptors.

Testosterone Suppression: Like other SARMS, S4 may lead to a mild suppression of natural testosterone production, necessitating post-cycle therapy (PCT) after use.

Potential Androgenic Effects: While SARMS are designed to minimize androgenic effects, some users may experience mild androgenic symptoms such as acne and increased facial hair growth.

Muscle Cramps: Some individuals using S4 have reported muscle cramps as a side effect.

Skewed Lipids: S4 tends to at times skew lipids raising LDL and lowering HDL

Liver and Kidney Stress: S4 has been known to raise liver and kidney values.

Dosing/How to Use:

S4 is great at around 25 mg 3 times per day for an 8 week course.

Make sure that you follow your S4 usage up with a proper pct (if you are not on test already) and that when you use the S4 you use it with a test base.

You can also use 50mg of S4 before a workout for a great pre workout boost. Take it about 45 minutes before your workout.

S23

Modern Aminos: <https://modernaminos.com/product/s23-10mg/>

Kimera Chems: <https://kimerachems.co/product/s-23/>

Code: biohack

What Is It?

S23 is a non-steroidal SARM designed to selectively bind to androgen receptors in the body. Unlike traditional anabolic steroids, SARMs aim to provide targeted anabolic effects in muscle and bone tissues while minimizing the impact on other organs.

The primary mechanism of action of S23 lies in its selective binding to androgen receptors in muscle and bone tissues. This selective binding activates anabolic processes, promoting muscle growth and bone density without the androgenic side effects commonly associated with traditional steroids. S23 is particularly unique in its potential to increase bone mineral density, offering benefits beyond muscle development.

Benefits

When it comes to cutting SARMs, S23 is the king. Many gear users have even reported struggling to eat enough to fill out on S23. When taking it you can expect extreme hardness, strength increase, and muscle growth, be ready though to flatten out alot.

Muscle Growth: S23 has demonstrated the ability to stimulate anabolic activity in muscle tissues, contributing to increased muscle mass.

Strength Enhancement: Users of S23 often report improvements in strength, providing potential benefits for athletic performance and training intensity.

Bone Density Increase: S23 has shown promise in increasing bone mineral density, promoting skeletal health and potentially reducing the risk of fractures.

Fat Loss: Some studies suggest that S23 may have a positive impact on fat loss, making it of interest to individuals aiming for a leaner physique.

Side Effects:

While S23 is one of the most powerful sarms it is also by far one of the most suppressive sarms.

S23 can and while shut you down and turn your sperm into water.

S23 is one of the most side-effect ridden sarms when it comes to liver stress, kidney stress, shutdown, aggression, hair loss, and acne.

Of course a lot of this can be mitigated with the proper ancillaries but do be warned it is not a beginner sarm or a mild sarm by any means.

The joint pain with this can also be quite bad.

Dosing/How to Use:

I recommend using S23 for 6-8 weeks (8 can be pushing it as it is super toxic)

I would start at 10mg about an hour before your workout for the first half of the cycle with you titrating up to 25 for the second half of it.

You really need to have a solid test base with this, and if you are not on test a good pct plan of Enclomiphene and Tamoxifen.

You also need a liver protection protocol of TUDCA and NAC when this is on it because it will skew our blood markers.

You can also use this as a preworkout androgen. I like 20mg preworkout 2-3 times per week.

Yk-11

Modern Aminos: <https://modernaminos.com/product/yk-11/>

Kimera Chems: <https://kimerachems.co/product/yk-11-myostine/>

Code: biohack

What Is It?

YK-11 operates as a partial androgen receptor agonist, specifically targeting the androgen receptors in muscle cells. By doing so, it aims to stimulate the production of follistatin, a protein associated with muscle growth. The unique dual mechanism of YK-11, acting as both a SARM and a myostatin inhibitor, positions it as a potential powerhouse for muscle enhancement.

Myostatin essentially acts as the rate limiting step in the body for the muscle building process. It is what tells our body to stop producing muscle mass

By getting rid of this it opens you up to building tons of muscle.

Benefits

Bodybuilders are drawn to YK-11 for its potential to accelerate muscle growth and strength gains. Its unique mechanism, targeting specific androgen receptors in muscle tissue, distinguishes it from traditional steroids, potentially offering a more targeted approach to muscle development.

Yk-11 is an insane muscle builder due to its multiple pathways it works through.

It should also be noted that Yk does an excellent job at hardening the physique and giving you great vascularity and fullness.

The look on injectable Yk-11 and even oral can only be described in one way. Freaky.

Side Effects:

While research on YK-11 is ongoing, potential side effects may include hormonal imbalances, liver toxicity, and interactions with other medications.

Yk-11 can also be extremely hard on your joints and lead to significant joint pain.

Yk-11 can also cause aggression and sleep based issues.

Monitoring for adverse reactions is essential, and discontinuing use if side effects persist is recommended. Due to the relative novelty of YK-11, a cautious and informed approach to usage is crucial.

Dosing/How to Use:

For Yk-11 it has a very short half life. I recommend dosing it 3 times per day to help create a stable concentration in your body.

I recommend dosing it around 5-10mg 3 times per day. Anything past that would be a fairly high dose so I urge you to be cautious going past that. Make sure one of your doses aligns with your preworkout as it definitely packs a strong punch in the gym.

LGD-3303

Modern Aminos: <https://modernaminos.com/product/lgd-3033-10mg/>

Kimera Chems: <https://kimerachems.co/product/lgd-3303/>

Discount: biohack

Dosing

5-10mg per day. This is one of the most powerful sarms. It is like the RAD-140 and LGD-4033 had a baby together so I highly recommend using this product before the gym. Take it about 45 minutes preworkout to have an insane workout. I recommend only using this for a cycle duration of 2-4 weeks due to the side effects

Benefits

Like I said, think of this like the fullness of LGD-4033, but also with the hardness and aggression that comes with RAD. Making an insane androgen. It is extremely powerful.

- Increased Strength in gym
- Insane Pumps
- Improves aesthetics by promoting fullness and hardness.
- Aids in Muscle Building
- Less bloating then with LGD-4033
- Improves Muscular Endurance

Side Effects

For how strong it is it definitely has its fair share of side effects.

- Liver Toxic
- Kidney Toxic
- Increased Aggression
- Sleep Issues
- Raised Blood Pressure
- Increase in Hair Loss and Acne
- Will skew lipids

These are the main side effects. Be ready for a wild ride with this one.

AC-262

Kimera: <https://kimerachems.co/product/ac-262/>

Modern Aminos: <https://modernaminos.com/product/ac-262-10mg/>

Discount: biohack

Dosing:

I would use AC-262 at around these doses

Beginner: 10mg

Intermediate: 15-20mg

Advanced: 20mg+

This is not the strongest sarm so if you push the dose you likely will not face any crazy side effects with this compound. I think it is best to go to the gym about 45 minutes or so before.

Benefits

AC-262 is a more mild sarm, meaning that it does not have tons of side effects. It is comparable for some people to EQ in the sense that it gives lean dry and hard gains for the user.

It is definitely a good sarm to use while on a cut.

Side Effects

While the side effect profile is pretty minimal...

- Insomnia
- Skewed Lipids
- Liver Stress
- Suppression
- Mood Instability
- Minimal Side Effects

ACP-105

Kimera Chems: <https://kimerachems.co/product/acp-105/>

Discount: **biohack**

Dosing

Beginner: 5mg: 2-3 times per day

Intermediate: 10mg: 2-3 times per day

Advanced: 15mg: 2-3 times per day

Benefits

ACP-105 is comparable to S4 but without the vision side effects. It is a mild sarm that many people compare to S4. Great for cuts, hardness, and comes with a fairly mild side effects profile.

Side Effects

ACP-105 has a very minimal side effect profile. It can cause standard side effects like other sarms like suppression, and liver toxicity, but for the most part it is super mild.

The one drawback is that there is very limited data on it so it is impossible to really grasp a full side effect profile.

Injectable Sarms

There is limited data still on injectable Sarms. As more data comes out we will make sure to update this section, but for now I will touch on the best injectable Sarms that work the best and give you the best effects with the least side effects. I will also touch on the one sarm that I do not think you should use as an injectable.

Injectable LGD-4033 (King Injectable Sarm)

Modern Aminos: <https://modernaminos.com/product/lgd-4033/>

Code: biohack

Dosing

Beginner 5-15mg

Intermediate: 20-45mg

Advanced: 50mg

This should be dosed everyday with a test base under it

Benefits:

In my opinion this is the king of injectable sarms. This is because when it is injected you do not get the bloating effects that you would get with the oral version.

It also does not come with a massive influx in side effects.

This version is stronger all around and does not come with the bloating effects which gives you an amazing aesthetic along with better muscle building, and better pumps.

Side Effects:

Actually the side effects on this were not super bad. While they were a bit more then the oral I found side effects to be pretty minimal with this and pretty on par with the oral version which is amazing.

Injectable RAD-140

Link: <https://kimerachems.co/product/rad-140-testolone/>

Code: insights

Link: <https://modernaminos.com/product/rad-140/>

Code: biohack

Dosing:

Beginner: 5-10mg

Intermediate: 15-20mg

Advanced: 25mg+

Make sure to have a test base under you for this compound and use this before the gym.

Benefits:

Injectable RAD-140 is definitely stronger than its oral counterpart but to be honest I was not that impressed. Rad already works well orally so I did not see a huge benefit or need to pin this compound. It still was stronger for sure, but in terms of insane effects compared to the oral I was not super impressed.

All the benefits are the same, just increased.

Side Effects:

Side Effects are pretty close to using it orally. I would say the rage on this was intensified in the injectable version.

They are pretty similar though aside from that.

Injectable Yk-11

Modern Aminos: <https://modernaminos.com/product/yk-11/>

Discount: **biohack**

Dosing:

Dosing should be done as a preworkout with a test base. Remember the half life is still short so it may have to be injected multiple times per day.

Beginner: 5-10mg

Intermediate: 15-20mg

Advanced: 20mg+

Make sure to have a proper test base under this and stack it with other sarms

Benefits:

Aside from LGD-4033, Yk-11 is likely the most powerful injectable SARM. This one makes a lot of sense to pin as I feel the injectable version unlocks its full power. It really has all of the benefits of the oral version, but more ramped up. This is one of the most powerful injectable myostatin inhibitors, sarms, and steroidal structure based compounds.

Side Effects:

Side effects are the same as oral. The one side effect many people get with this is a splitting headache. I have seen some people unable to use this due to the horrible headaches they get from this.

Injectable Ostarine

While injectable ostarine can be effective for whatever reason when used as an injection it becomes highly liver toxic. I do not recommend using this sarm as an injection for that reason, unless you have liver protection ready to go.

Injectable LGD-3033

Link Kimera Chems: <https://kimerachems.co/product/lgd-3303/>

Discount: **insights**

Dosing:

Beginner: 10-15mg

Intermediate: 20-25mg

Advanced 25mg+

Dosed every day or 5 days on 2 days off, about 45 minutes pre gym. Do not use near bed as it may cause sleep issues.

This is likely the strongest, most insane sarm so exercise caution when using this. The injectable definitely makes it more stronger and side effect ridden then its oral counterpart which is already insanely strong.

Benefits:

The benefits are quite similar to oral LGD-3303 which is in my opinion just as strong as normal steroids but ramped up even more. This is a truly powerful androgen that should only be used by advanced users with a test base under them.

Side Effects:

The side effects are about the same as the oral counterpart in my opinion they tend to be even more intense especially the aggression.

Complimentary Compounds to Add To Your Cycle (Mk677, SR9009, Cardarine)

When building Sarm cycles you can add complimentary compounds to the cycle to help with bulking and cutting. Down below I will list 3 of the most popular ones that are commonly added onto sarm cycles and are often confused as sarms themselves. Please remember that SR-9009 must be injected or used as a transdermal, it can not be used orally.

SR 9009 (Injectable)

Modern Aminos: <https://modernaminos.com/product/sr-9009-sterile-oil-40mg-ml-10ml/>

Kimera: <https://kimerachems.co/product/sr-9009-stenabolic/>

Code: biohack

What Is It?

SR9009, also known as Stenabolic, is a synthetic compound that has garnered attention for its potential impact on metabolism and endurance

SR9009 is a synthetic compound designed to mimic the effects of exercise on metabolism without the need for physical activity. It belongs to a class of compounds known as Rev-Erb agonists, and its primary focus is on influencing the circadian rhythm and energy metabolism.

SR9009 exerts its effects by binding to Rev-Erb receptors, which play a crucial role in regulating various physiological processes, including the circadian rhythm and metabolism. By activating these receptors, SR9009 is believed to enhance the breakdown of glucose and fatty acids, promoting energy expenditure and influencing the body's overall metabolic rate.

Benefits

Increased Endurance: SR9009 is often associated with improved endurance and stamina. By enhancing the utilization of glucose and fatty acids for energy, it may contribute to increased aerobic capacity during physical activities.

Metabolic Effects: SR9009 is believed to influence metabolic processes, leading to increased fat metabolism. This may result in reduced fat storage and improved body composition.

Enhanced Mitochondrial Function: Mitochondria are the energy-producing organelles within cells. SR9009 is thought to stimulate mitochondrial activity, potentially leading to improved cellular energy production and overall vitality.

Potential for Fat Loss: Due to its influence on metabolism and fat utilization, SR9009 has been explored for its potential in promoting fat loss. This has led to interest from individuals seeking to optimize their body composition.

Nootropic Effects: Due to it playing a key role in the sleep wake cycle SR9009 can be an excellent nootropic for energy and focus.

Cancer: In early rat and vitro studies SR9009 may play a beneficial role in certain cancers/

Cardiac Health: SR9009 has also been shown to be very helpful for cardiac health and heart health in general.

Side Effects:

Potential Disruption of Sleep Patterns: Given SR9009's influence on circadian rhythm, there is speculation that it might impact sleep patterns. However, this aspect requires further investigation.

Limited Human Studies: As of the last available information, there are limited human studies on SR9009. Therefore, potential side effects specific to humans are not yet well-established.

Dosing/How to Use:

I really love taking this upon waking. 1 ml which is 30mg works awesome for giving me a natural wake up. The energy I feel is very natural and clean like I just had an amazing nights sleep (even if I did not)

I also like to use a bit more, maybe 10mg after my mid day nap as I find it helps to wake me up naturally.

As a cardio booster and fat loss aid it also works great. Since I do my fasted cardio right after waking it gives me great energy physically and mentally to help crush my fasted cardio.

GW-501516

Modern Aminos: <https://modernaminos.com/product/gw-501516/>

Kimera Chems: <https://kimerachems.co/product/gw-501516-cardarine/>

Code: biohack

What Is It?

Cardarine is a PPAR δ (peroxisome proliferator-activated receptor delta) agonist. It is not a selective androgen receptor modulator (SARM) like Ostarine but rather a compound that affects PPAR receptors in the body. PPAR receptors play a role in regulating various metabolic and energy-related processes in the body.

Cardarine was originally designed for its potential use in improving metabolic health and enhancing endurance and stamina. It was envisioned as a way to activate PPAR δ receptors to promote fat metabolism, increase endurance, and improve cardiovascular health.

Benefits

Enhanced Endurance: Cardarine is known for its potential to increase endurance and stamina. This effect is particularly appealing to athletes and endurance sports enthusiasts.

Fat Loss: The compound is believed to promote fat metabolism, making it potentially useful for individuals looking to lose weight or reduce body fat.

Improved Cardiovascular Health: Cardarine has been studied for its potential cardiovascular benefits, such as reducing inflammation and improving heart health.

Muscle Preservation: Some users have reported that Cardarine may help preserve lean muscle mass while promoting fat loss, which can be advantageous for body recomposition.

Improved Mental Energy: Cardarine also helps to give the user an increase in mental energy and overall energy and endurance.

Side Effects:

Cancer Concerns: Cardarine has raised safety concerns due to its potential to promote the growth of certain cancers, particularly in animal studies. However, these findings have not been conclusively demonstrated in humans.

Regulatory and Ethical Considerations: Cardarine is banned by many sports organizations due to its potential to enhance endurance, and its use is considered unethical in competitive sports.

Limited Research: Cardarine's long-term safety and efficacy in humans are not well-established, as it has not undergone extensive clinical testing like some approved medications.

Potential Interactions: Cardarine may interact with other medications or supplements, so it's essential to consult with a healthcare professional before use.

Dosing/How to Use:

One thing I recommend for cardarine is to use metformin. Metformin in limited studies has shown an ability to reduce the PPAR mediate cancer from cardarine.

Cardarine should be used between 10-20 mg a day. It can be used a few times per week to help improve cardio and improve fat loss or it can be used for a period of about 4-6 weeks during a cut.

MK677

Modern Aminos: <https://modernaminos.com/product/modern-gda-mk-677-bundle/>

Kimera Chems: <https://kimerachems.co/product/mk-677-ibutamoren/>

Code: biohack

I highly recommend getting the GDA from Modern Aminos as it is essential for managing blood glucose while on Mk677

What Is It?

Mk677 is a growth hormone secretagogue that works via the ghrelin receptor to increase and drive up growth hormone levels in the body. Ghrelin is the hormone in the body responsible for increased hunger so with more of this hormone you have more hunger.

Benefits:

Muscle Growth: MK-677's ability to boost GH and IGF-1 levels can enhance muscle protein synthesis, contributing to increased muscle mass.

Enhanced Recovery: Improved GH secretion aids in faster recovery from workouts, reducing muscle soreness and allowing for more frequent and intense training sessions.

Fat Loss: MK-677 may support fat loss by increasing metabolism and encouraging the body to use stored fat for energy.

Improved Sleep: Some users report better sleep quality while taking MK-677, which is essential for overall recovery and muscle growth.

Joint Health: Increased GH levels can potentially improve joint and connective tissue health, making it easier to handle heavy weights and strenuous workouts.

Side Effects:

Increased Appetite: While this can be advantageous for bulking phases, it may lead to unwanted weight gain if not controlled.

Water Retention: Some users experience mild water retention, which can affect muscle definition.

Mild Hormonal Changes: In rare cases, MK-677 may affect cortisol and insulin levels, although these changes are generally reversible upon cessation. It can also raise prolactin levels, which can be combated with P5P

Blood Sugar Regulation: MK-677 can affect blood sugar levels, making it important for individuals with diabetes to consult a healthcare provider before use. The modern aminos glucose disposal agent is perfect for this very purpose.

Dosing/How to Use: Mk677 is most effective when used at a dose of around 20-30mg fasted in the morning. If the appetite suppression becomes too much for you, you can also use it before bed to reduce that side effect. Mk677 can also be used at a smaller dose of 5-10mg for individuals who find it to be too strong or powerful. Dosing multiple times per day is not necessary due to its half life.

Mitigating Side Effects

Sarm Cycles Come with Numerous Side Effects Below We will Showcase Methods You can take to neutralize each side effect!

Side Effect	Solution
Hair Loss	<ul style="list-style-type: none">- Ru58841- Nizoral Shampoo- Minoxidil- Choose hair safe sarm like ostarine or S4
Acne	<ul style="list-style-type: none">- Proper Hygiene- Tretinoin

	<ul style="list-style-type: none"> - Salycic Acid - Use body scrubber in shower
High Lipids	<ul style="list-style-type: none"> - Ezetimibe - Citrus Bergamot - Red Yeast Rice - Watch dietary cholesterol levels
Testosterone Suppression	<ul style="list-style-type: none"> - PCT properly with Enclomiphene
Lack of Estrogen Conversion	<p>Use Test Base on Cycle like....</p> <ul style="list-style-type: none"> - Enclomiphene - Testosterone Exogenous
Mood Issues	<ul style="list-style-type: none"> - Choose a sarm that does not have mood issues like S4, ostarine, etc - CBD - 5-HTP - Kanna
Liver Stress	<ul style="list-style-type: none"> - Stay hydrated - TUDCA - NAC - Glutathione - Maintain Optimal Choline Levels
Kidney Stress	<ul style="list-style-type: none"> - Astragalus - Telmisartan (control blood pressure) - Stay hydrated
Raise In Blood Glucose (mk677)	<ul style="list-style-type: none"> - Use a glucose disposal agent like Berberine or the Modern GDA to combat this
Raise In Prolactin (mk677)	<ul style="list-style-type: none"> - P5P - Pramipexole
Sensitive Nipples (gyno)	<ul style="list-style-type: none"> - Tamoxifen - Raloxifene - Pull Bloods to Check Hormones
Insomnia	<ul style="list-style-type: none"> - Stay away from compounds like RAD-140, S23, AC-262, as they can cause insomnia. - Use sleep aids before bed like l-theanine, CBD, CBG, Kanna, Magnesium.
Bloating	<ul style="list-style-type: none"> - Dandelion Root - Electrolytes - Hydrate

How to Build A Sarm Cycle and Sample Cycles

How to build your very own sarm cycle!

Okay this is where you can learn how to create the best cycle for yourself.

- 1, Read through the sarms above and select one that best fits your goals. Things like do you want alot or a little bit of side effects, do you want something stronger or weaker etc are all important questions.
2. Choose one sarm. Stacking sarms is not normally advised although it can be done. The one exception to this is Yk-11 since it also suppresses myostatin.
3. Plan out your needed ancillaries. Make sure you go through the ancillary table and understand which one you will need.
4. Add on additional complimentary compounds like cardarine or mk677 depending on your goals.
5. Pull pre cycle blood work to assess and make sure you are ready to go
6. Once you have your blood and everything you need for the cycle it is time to start!

Sarm cycles typically go for 6-8 weeks followed by around 4 weeks of a pct period. If you are already on testosterone this PCT period will not be needed

Halfway through the cycle you can raise the dose of the sarm if you notice things are starting to level off a bit.

Due to the decrease in SHBG from the sarm you will have a surge in free tests during the first few weeks of the cycle. Make sure to wait to add in your test base until weeks 3 or 4 for this surge to neutralize out. Just because your free test is going up does not mean you are not getting suppressed.

After the cycle, pull bloods, and do 4-6 weeks of a PCT to see where you lie health wise. Time on should equal your time off so if you did an 8 week cycle take 8 weeks off before starting again.

Sample Ostarine Cycle

1. Weeks 1-Weeks 4: 10mg Ostarine ED
2. Week 5 Introduce Test Base of 6.25mg of Enclomiphene everyday and raise ostarine dose to 20mg
3. Week 8 ends the Ostarine cycle and continues Enclomiphene for 4 more weeks to normalize hormone levels.

Post Cycle Therapy (PCT)

Now this is a super common question so I thought it would get its own section.

The Best PCT compound is by far Enclomiphene. It can be stacked with Tamoxifen to make it more synergistic.

Enclomiphene is the isolated isomer of clomid and is great for giving you the test boosting of clomid without the awful side effects that came with it.

PCT should start as soon as you stop using the sarm and should last for 4-6 weeks. After PCT you should pull your Total Test, Free Test, Estrogen, Prolactin, LH, and FSH to make sure everything is back to normal. If it is not, continue with your pct protocol for 2-3 more weeks.

Typically Enclomiphene is dosed between 6.25mg and 12mg. Make sure to taper this down before ending to avoid estrogen rebound.

During PCT you should also focus on correcting any health issues you may have had while on cycle. If you pull bloods and notice that your liver values are higher you must implement a liver protocol to help address them and normalize them.

After your cycle all of your health markers should be how they were pre cycle.

Wait however long you were on before hopping on to another cycle.

Remember if you are on TRT (testosterone replacement therapy) then the PCT is not needed.

A Quick Note on SR-9011, RAD-150, etc

If you are really into the sarm space you have probably seen iterations like this to your favorite sarms or research products.

The reason these did not get touched on is because I find most of the second gen chemicals (RAD-140 1st gen, RAD-150 Second Gen) to be very similar to the original chemical. While they might be a tad bit stronger for the most part they are super similar.

The most common ones are RAD-150, SR9011, GW0742, all being reportedly stronger than the original molecules (rad-140, SR-9009, and Cardarine). Again though after trying them I really have not noticed a major difference.

The one that was likely the most different was the RAD-150 as it did feel slightly stronger then RAD-140.

While they are cool to look into and on paper have some potential in the real world they tend not to perform super well hence why I did not touch on them.

Conclusion

Thank you friends for reading our sarm guide. We hope it was helpful for you and your sarm journey. To support us make sure to use the code biohack at Kimera and Modern Aminos. This book will be updated regularly when more information regarding new sarms comes out. Thank you friends and have a good one.