

About Anabolic Steroids



Anabolic steroids, also known as anabolic-androgenic steroids or AAS, increase protein synthesis within cells, which results in the buildup of cellular tissue, especially in muscles. Serious health risks can be produced by long-term use or excessive doses of anabolic steroids. These effects include harmful changes in cholesterol levels, acne, high blood pressure, liver damage, and dangerous changes in the structure of the left ventricle of the heart. Some of these effects can be improved by exercise, or by taking supplemental drugs.

Historical Facts

*Performance enhancing substances have been used for thousands of years in traditional medicine by people around the world, with the aim of promoting vitality and strength.

*During the Second World War, German scientists synthesized other anabolic steroids, and experimented on concentration camp inmates and prisoners of war in an attempt to treat chronic wasting. They also experimented on German soldiers, hoping to increase their aggression. Adolf Hitler himself, according to his physician, was injected with testosterone.

*The development of muscle-building properties of testosterone was pursued in the 1940s, in the Soviet Union and in Eastern Bloc countries such as East Germany, where steroid programs were used to enhance the performance of Olympic and weight lifters.

Information on certain types of Anabolic Steroids

Anadrol (oxymetholone)

Active Life: Less than 16 hours
Drug Class: Highly Anabolic/Androgenic Steroid (Oral)
Average Dose: Men 50-150 mg/day
Acne: Yes
Water Retention: Yes, high
High Blood Pressure: Yes
Liver Toxic: Yes, very high
Aromatization: Debatable
DHT Conversion: It is a derivative of DHT
Decrease HPTA function: Yes, extreme

Anadrol 50 was initially developed as a compound to help people with anemia, and has since been used very successfully to aid people who are suffering from many other diseases where weight loss is a concern. Thus, it is clearly an effective agent for promoting weight gain, increasing appetite, gaining strength, and increasing Red Blood Cell count. And, as with most Anabolic/Androgenic Steroids (AAS), it has its downsides as well. Anadrol will inhibit your body's natural production of hormones (testosterone, etc&), will negatively affect your blood lipid profile, can cause water retention, is notorious for causing headaches, and is also highly liver toxic (It has the worst reputation for hepatotoxicity out of all steroids).

Arimidex (anastrozole)

Active Life: 48 hours
Drug Class: Aromatase inhibitor (Oral)
Average Dose: 0.25 - 1.0 mg/day
Acne: Yes
Water Retention: No
High Blood Pressure: May reduce bp when using aromatizable steroids
Liver Toxic: Yes
Decrease HPTA function: No

Arimidex (Anastrozole) an aromatase inhibitor (AI). In clinical use, it's used to halt the progression of Breast Cancer in women. It works by blocking the aromatase enzyme, which is responsible for the production of estrogen. In athletics and bodybuilding, it is used as an ancillary compound to be added to a cycle of Anabolic Steroids. In this respect it is also used for its estrogen reducing properties, but it has the additional benefit of increasing testosterone levels. It's price is usually high.

Omnadren(testosterone)

Active Life: Approx. 18 days
Drug Class: Anabolic/Androgenic Steroid (for injection)
Average Dose: 250-1000 mg/week (males only)
Acne: Yes
Water Retention: Yes
High Blood Pressure: Yes
Liver Toxic: Low
Aromatization: Yes
DHT Conversion: Yes, high
Decrease HPTA function: Yes, severe

There are strong androgenic side effects, which are pronounced with Omnadren (as with all testosterones). Oily skin, acne, increased body/facial hair, and depending on the individual an increase in aggressiveness can occur. Omnodren testoserone is a highly anabolic and androgenic hormone, it has an anabolic (muscle building) rating of 100, making it a good drug to use if one is in pursuit of more size and strength.

Dianabol

Active Life: 6-8 hours
Drug Class: Anabolic/Androgenic Steroid (Oral)
Average Dose: Men 15-50 mg/day Women 5-10 mg/day
Acne: Yes, especially in higher dosages
Water Retention: Yes, similar to testosterone
High Blood Pressure: Yes
Liver Toxic: Yes
Aromatization: Yes
DHT Conversion: No
Decrease HPTA function: Yes, dose and cycle length dependant

This compound was first made available in 1960, and it quickly became the most favored and widely used anabolic steroid in all forms of athletics. This is likely due to the fact that it is both easy to use and extremely effective. Androgenic side effects are common with this substance, and may include bouts of oily skin, acne and body/facial hair growth. Dianabol is really only a popular steroid with men. When used by women, strong virilization symptoms are of course a possible result. Some do however experiment with it. It's effectiveness is often compared to other strong steroids like testosterone and Anadrol and it is likewise a popular choice for bulking purposes

Trenbolone Acetate

Active Life: Around 2 days
Drug Class: Anabolic/Androgenic Steroid (for injection)
Average Dose: Men 75 mg every day or two days
Acne: Yes
Water Retention: No
High Blood Pressure: Yes
Liver Toxic: Yes,debatable
Aromatization: No
DHT Conversion: No
Decrease HPTA function: Yes, moderate to extreme

Trenbolone is a very potent androgen with strong anabolic activity. It is well suited for the rapid buildup of strength and muscle mass, usually providing the user exceptional results in a relatively short time period. Trenbolone can help bring about an incredibly hard, ripped physique and is an ideal product for competitive bodybuilders. The androgenic nature of this drug makes it a very risky item for women to use, the chance for virilization symptoms extremely high with such a potent androgen. Trenbolone is quite good when used alone, it was generally combined with other steroids for an even greater effect.