

Main AAS

Compound	Dosage	Duration	Purpose
Test Cyp	100-125mg/week	Full cycle	Little bit of base e2 and DHT
Deca	150mg/week	Full cycle	Joint protection, collagen syntheses, igf1 sensitivity, some anabolism,
Tren ace	175-210mg/week	Most likely the full cycle but may pull for a few weeks in the middle if needed	Glucocorticoid inhibition, anabolism, IGF1 sensitivity.
Masteron enanthate	200-400mg/week	Full cycle Haven't started but it's on the way	Acts like DHT, mental benefits, androgenicity, some cosmetic effects and anabolism

Peptides:

Compound	Dosage	Duration	Purpose
HGH	8-12iu/day before bed	Full cycle, coming in next order	Chondrocyte proliferation, osteoblast differentiation and proliferation, also some lipolysis
Tirzepatide	4-7mg weekly depending on GH dose	Full cycle	Blood sugar management, insulin sensitivity, lipids and triglycerides, and managing hunger from GH.
Bpc157	1-2mg daily	Full cycle,	Joints, anti-inflammatory,

		adding in when i order it	angiogenesis, decreasing chondrocyte hypertrophy, decreasing chondrocyte hypertrophy, preventing senescence of MSCs+chondrocytes
MT2	250mcg 2-3x weekly	However long is needed	MC receptor activation, libido

More obscure peptides + compounds:

Compound	Dosage	Duration	Purpose
Abaloparatide	150mcg daily	4 weeks on 1 week off, adding in once I can afford to order soon	Increase osteoblast differentiation, decreasing chondrocyte hypertrophy, preventing senescence of MSCs+chondrocytes
Roxadustat	30mg 3x weekly	4 weeks on 1 week off Adding in pretty soon probably after GH and before Abaloparatide.	VEGF, HIF-1a for chondrocyte survival at the plates in the hypoxic environment, chondrocyte proliferation and differentiation in the growth plate, WNT and beta catenin pathway increasing osteoblast formation + bone anabolism
Alendronate	70mg once weekly	Full cycle Will be getting with my next indian order	Causes apoptosis of osteoclasts so in turn significantly inhibits bone resorption
FoxO4dri	5mg for 5 days	Every 12 weeks Starting once i can afford to order it	Clearing senescent chondrocytes and MSCs to decrease bone age and plate age.

Epitalon	10mg for 10 days	Following the Fox04Dri	Lengthening telomeres, prolonging life of healthy living chondrocytes and MSCs
Infigratinib May add if I do end up growing taller off of this stack	15mg daily	Not completely sure	Fgfr3 inhibition

Ancillaries:

Compound	Dosage	Duration	Purpose
Aromasin	12.5mg 2x weekly	Full cycle	Preventing excessive aromatization from test and nandrolone but not trying to crash E2 completely
Tamoxifen	10mg daily	Full cycle	Blocking the ERs in bone and at the growth plates, also helping with any gyno
Cialis	10mg daily	Full cycle	Pumps, blood pressure, erections, very slight aromatase inhibition.
T3	16mcg daily split 2x daily	4 weeks on 1 week off while on the high dose GH, ordering soon	Maintaining T3 levels while on the high dose of HGH, Chondrocyte proliferation, increasing osteoblast differentiation.
Humalog	2-5iu pre+post workout	4x a week or so, Ill run this once I can afford to order it	Pulsatile sclerostin inhibition, nutrient partitioning, creating responsive bone and muscle environment for

			growth
Lantus (Might add)	10-20iu daily	(May Add)	Increasing Igf1, nutrient partitioning, bloodsugar control
Cabergoline (If needed)	0.25mg weekly split 2x weekly	While on the tren + nandrolone if P5P is not enough	To lower prolactin
Telmisartan	40-80mg daily	Full cycle	Managing blood pressure and a little bit of bloat, potentially lowering hematocrit slightly.
Propranolol	20-40mg daily	Probably full cycle but at least while on the tren	Calming CNS before bed and lowering heart rate.
UDCA	500mg-1g daily	Full cycle especially while on tren, isotret, or if I add any orals for a bit	Liver support, Digestion, bile flow.

Skin:

Compound	Dosage	Duration	Purpose
Isotretinoin	20-80mg daily	As long as needed, 40mg for most of the cycle, started at 30mg, may push up to 80mg for a bit, come down to low dose after the peak of the cycle	Shrinking sebaceous glands, collagen production.
Vaginal estrogen gel	Small amount mixed with	Probably just til I run out of it, getting with	Improving skin quality

	moisturizer applied at night	next indian order	and collagen production.
Claratin	10mg daily	First 2-3 months on isotretinoin	Helping prevent purge from isotret.

Nootropics:

Compound	Dosage	Duration	Purpose
Cerebrolysin	2-5ml daily	15-20 days every 24 weeks Running this as soon as I can afford to order it	BDNF ↑, repairing brain from 19-nors and low e2 environment
Adderall	15mg with caffeine	2-3 days a week	To increase dopamine and drive and focus to get work done
GB115	200-400mcg daily	Full cycle	Lowering stress and anxiety
Memantine	5-10mg daily	Full cycle especially while on tren, ordering with my next order from india	Keeping tolerance to other drugs lower, lowering glutamate, and anti-depressant effects.
Methylene blue	5-10mg	A few days a week if needed	Increasing monoamines, MAO inhibition

Supplements

Compound	Dosage	Time	Purpose
Fish oil	5g daily (750mg EPA+500mg DHA)	Morning	Cholesterol, hematocrit, brain function,
NAC	1.2-1.8g daily	Morning	Endogenous glutathione, antioxidant
Vitamin C	3-5g daily	Split	Antioxidant, collagen synthesis
Astaxanthin	12-24mg daily	Morning	Antioxidant, coloring
Melatonin	80-100mg daily	Night	Preventing beta amyloid plaque buildup, antioxidant
Magnesium glycinate	500mg daily	split	Sleep support, mood, managing calcium
5-HTP	200mg daily	Night	Serotonin, conversion to melatonin
P5P	300mg daily	Morning	Lower prolactin
L theanine	200mg daily	split	GABA, serotonin, focus
L glutamine	15g/day for 8 weeks	split	Repairing gut lining
Psyllium husk	7-12g daily	Split up after meals	Digestion, liver support, cholesterol support
DGL	500mg before meals	Split before meals	Acid reflux
Vitamin D3	15,000iu	morning	Calcium management
Vitamin K2	300mcg	morning	Calcium management
Quercetin	1g	morining	Keeping clear some senescent MSCs and Chondrocytes

Boswelia Extract	1.2g	morning	Joint pain, anti inflammatory
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