

# 11 WEEK CYCLE APRIL 5<sup>th</sup> – JUNE 18<sup>th</sup>

## Injections

- \* Test Cypionate (C250): 125 mg Monday + 125 mg Thursday (*every week, April 6 – June 18*)
- \* HCG (G5K): 250 IU Monday + 250 IU Thursday (*every week, April 6 – June 18*)
- \* GHK-Cu (CU50): Weeks 1-3: titrate 1.5mg → 2.5mg; Weeks 4-9: 2.5mg; Weeks 10-11: 3mg (*5 on / 2 off*)
- \* Retatrutide (RT5): Start 2 mg weekly. Titrate: Weeks 1-4: 2 mg; Weeks 5-8: 3 mg; Weeks 9-11: 4 mg (*Sun*)

## Orals

- \* Anavar (X50): Weeks 1-3: 25 mg/day | Weeks 4-7: 50 mg/day | Weeks 8 if liver is clean | 9-11: drop to 0 mg/day (7/8 weeks total max). EVERY 12 HOURS – increase TUDCA/1000mg & NAC/1800mg weeks 4-7/8
- \* Finasteride (FAN1): Start 0.5 mg/day (weeks 1-2), then 1 mg/day (weeks 3-11). WAKE
- \* Aromasin (XE25): 12.5 mg (half tab) EOD if bloodwork persists >wk3; increase ED if E2 levels high WAKE
- \* Isotretinoin (ISO10): 20 mg/day starting March 9; reduce to 10 mg/day after 4 weeks (April 6th); reduce to 5 mg/day after 10 weeks (May 18th); Continue through PCT WITH MEAL
- \* Minoxidil (MD5): 2.5mg/day; 1.25mg/day during pct. SLEEP
- \* Ciallis (DT20): 5mg/day through pct. SLEEP

## Topical

- \* RU58841: Apply 1.5 ml to scalp daily (full cycle + PCT).
- \* Tretinoin .025%: Apply thin layer across face once a week (full cycle + PCT)

## **PCT (July 2 – July 26) Enclomiphene (EC25) / Nolvadex (T20), RU58841, Omega-3, Bergamot, NAC, TUDCA, Mg, CoQ10,**

- \* Weeks 1-2 (July 2 - 15): Enclomiphene 25 mg/day + Nolvadex 40 mg/day.
- \* Weeks 3-4 (July 16 - July 26): Enclomiphene 12.5 mg/day + Nolvadex 20 mg/day.

## Supplements – 11 Week Minimum (77 Days)

- Caffeine — 100mg (1 capsule) — WAKE
- NAC — 600mg (1 capsule) — WAKE
- Vitamin C — 1,000mg (2 capsule) — WAKE
- Creatine — 5g — WAKE
- Psyllium Husk — 15g — WAKE
- Electrolytes Complex — 1 stickpack — WAKE
  
- Omega-3 Fish Oil — 2g (3 softgels) — WITH MEAL
- Citrus Bergamot — 1,200mg (2 capsules) — WITH MEAL
- TUDCA — 500mg (2 capsules) — WITH MEAL
- CoQ10 — 100mg (1 capsule) — WITH MEAL
- Vitamin K2 (MK7) + Vitamin D3 — 100mcg / 5000IU (1 softgel) — WITH MEAL
- Zinc Glycinate — 30mg (1 capsule) — WITH MEAL
- Copper Glycinate — 3mg (1 capsule) — WITH MEAL
  
- NAC — 600mg (1 capsule) — SLEEP
- Magnesium — 420mg (2 capsules) — SLEEP
- Apigenin — 50mg (1 capsule) — SLEEP
- Melatonin — 5mg (1 capsule) — SLEEP
- Taurine — 3g (3 capsules) — SLEEP
- Ashwagandha — 450mg (1 capsule) — SLEEP

**Post-PCT New Stack (starting August 9): Isotretinoin 5 mg/day, Oral Minoxidil 1.25 mg/day, KLOW80 4-6mg daily + DSIP 250mcg. Order first week of May.**

*total price ≈ \$1,135.45*

**Baseline / Pre-Cycle — March 17–19**

Total Testosterone

Free Testosterone

Estradiol sensitive LC/MS

LH

FSH

SHBG

CBC with Differential

Full Lipid Panel

CMP

GGT

Fasting Glucose

*Optional: PSA, Prolactin, Cystatin C, Thyroid Panel, DHT*

**Mid-Cycle — May 6–8**

Total Testosterone

Free Testosterone

Estradiol sensitive LC/MS

SHBG

CBC with Differential

Full Lipid Panel

CMP

GGT

Hematocrit / Hemoglobin

**End-Cycle / Pre-PCT — June 19–21**

CBC with Differential

Full Lipid Panel

CMP

GGT

Hematocrit / Hemoglobin

**Post-PCT / Recovery — August 25–30**

Total Testosterone

Free Testosterone

Estradiol sensitive LC/MS

LH

FSH

SHBG

CBC with Differential

Full Lipid Panel

CMP GGT

Fasting Glucose

*Optional: PSA, DHT,*