**Prohormones**

**What are prohormones?**

Prohormones are compounds of chemicals that can well be regarded as the thing that is a mixture of anabolic steroids and testosterone boosters. Moreover they provide body a way to create hormones all by a natural process.

The basic purpose of prohormones is actually to enhance your performance. They are very powerful androgens, and their basic functions is to act like testosterone and estrogens.

People often relate Prohormones to anabolic steroids because they give you almost similar results. Like they are extra effective in helping you gain lean muscle mass. However they cannot be regarded as steroids because it is a different product.

If you are a bodybuilding enthusiast, then you might have trouble at times in choosing the best supplement for you because there are just so many available in the market that is just enough to move your head. All these supplements are designed to give you massive muscle and strength gains, they even increase your endurance level. Finding the best supplement that will match your body requirements perfectly is just more than a difficult task for you.

Main reason why people prefer the use of Prohormones is that they are the best alternative for testosterone boosters, they help you achieve your results in a short time which is very surprising of course. Keep in mind that despite all these qualities they are still not as effective as anabolic steroids.

So, having a third thing that is in between the two wonderful supplements is a bit tricky and juggles our mind. But not to worry, let’s take a detailed look into it.

**How does it work?**

Prohormones are composed of variety of steroids that is why they are often used for different purposes. Some people use it for weight loss and muscle building. Prohormones can also increase your testosterone and also boost estrogen (a female hormone) side by side. A dangerous thing is that it can cause imbalance in the cholesterol levels of your blood whereby decreasing good cholesterol.

Just like steroids, consuming prohormones also provide quite effective and strong short-term results. If you take optimum diet and exercise regularly, then even the small amount of prohormones can help you in increasing your muscle mass just like any steroid can do along with burning your body fat at a quick rate. As far as your testosterone level is concerned then you will see a dramatic boost in libido, that will drastically change your mood. In addition the intake of prohormones is rather easy as are only required to swallow some pills daily.

But rather at times these can be a bit costly to you if you are to avoid the possibility of any harm that these pills could do to you. For example if your dosage cycle is intended for a month long time, then you may have to pay $50 per month for straight two months for the supplements that will support your cycle.

Using prohormones can really get you to see yourself where you have always wanted to see yourself, but the effects are temporary in most cases, you may gain tremendous muscle mass and lose fats and look all fit, but if you do not continue then it can leave you in serious trouble, so always think before you actually go for the dosage cycle.

**Is it dangerous for health?**

Yes Prohormones can be severely dangerous as they can cause you acne damage, headaches and sudden mood swings. It does not end here, you may also experience hair loss and shrinking testicles, and this might ultimately lead to lack of sexual motivation even.

Another adverse effect it has especially on men that it could cause a condition called gynecomastia which is responsible for developing female breasts. And if this situation goes to the next level then it is irreversible. In this case it becomes more than necessary to go for a surgery because there remains simply no other way out.

However, there are some legal prohormones as well with the possibility of having far less side effects than most. Like:

.Epiandrosterone

.4-Androsterone

.19-Nor-Andro

.1 Andro

Most effective from these are 4-Andro and 1-Andro with the only difference that 4- Andro comes with the ability to hold water which can put up some weight in you, so if you are underweight then this could prove to be ideal for you. Whereas 1-Andro does the opposite and can help maintain your weight and muscle mass, otherwise they both work out in a similar way.

We can say with firm confidence that prohormones cannot be declared as harmful or harmless because the use depends on you, and it is for you to decide.

Always remember no drug or steroid is ever without side effects but you can always minimize the adverse effects it could have on your body if you take timely and proper dosages.

**References:**

<http://www.manofthehourmag.com/pursuit/how-are-prohormones-worse-than-steroids>

<https://secec.org/prohormones/>