**SARM’s PCT**

**Does SARM’s require a PCT?**

The question of whether going for a post cycle therapy after using SARM’s will never be answered to you clearly, as so many of the SARM’s have a different purpose and they act differently from each other. Like some are less severe while others have high toxicity and therefore does not require you to going through PCT.

However, there are some SARM’s that are still under error detection mode and till now it is unclear that whether it is a best option to go for a PCT after the completion of SARM dosages. Normally SARM’s do require a PCT but the ones which have no such restrictions on them cannot be fully regarded as SARM’s. It would be good to say that they might have some fraction that qualifies them as SARM but it just can’t be your original SARM.

So in order to understand which SARM suits you the best first you will need to know about your body, because you can’t afford to give yourself wrong dosages. Or you obviously will have to pay a very heavy price for that. We want you to be very kind to yourself and always go on the prescription of your doctor first.

Most SARM’s are like anabolic steroids and they encourage higher level of testosterone in the body. Since body gets a lot of testosterone so it lowers its own production. So when you are finished with your dosage your body becomes kind of habitual in getting that surplus amount testosterone and therefore it can take weeks to come back to normal, and is the major cause of making you suffer from numerous side effects.

Again you will see people around you claiming that there will be no need for you to going for a PCT after you complete the course of dosages, but you have to be careful and listen to only your instincts that what you feel like will happen if you don’t go for one. Everyone’s body functions differently, the same pill working for someone in the best manner may not work exactly the same with you.

Then people also say that if you finish taking Ostarine, then the need of taking a post-cycle therapy is eliminated. We would recommend you to don’t be deceived so easily by what they say. Even if you are fully fit after the dosages you will still be needing some sort of PCT.

**List of SARM’s and why they require a PCT?**

1. LGD 4033

LGD 4033 is a SARM which is more like Ostarine but very powerful as much as 12 times with the dosage of 1/3 only.

LGD is mostly used for bulking and has a half-life of about 24-36 hours so taking dosages daily should be enough. In a certain study it was found that men who took daily LGD dosage of only 1mg gained three pounds of mass in only three weeks. And no such negative changes were noted. Every organ and all the levels remained almost normal and were functioning just as normal.

At this amount of dosage there is no need for a PCT but if you increase it then you might be needing one.

1. MK 677

It’s a non-peptidic and is very effective, raises the growth of IGF-1 level and has nearly no effect on cholesterol.

MK 677 is kind of non-hormonal and requires no PCT after the completion of cycle. The best time to consume this is to just before going to the bed. Its dosage cycle normally goes for the period of three months, with the intake of 25mg daily.

1. RAD 140

RAD 140 is a new kind of SARM, that is why not much is known about it as of yet. But it seems very effective and has been tested on many individual and has delivered satisfactory results so far that too with no side effects. It has a half-life of 16 hours so it should be taken two times daily.

Although it has so far proven to be the perfect SARM but we cannot say for sure that it is safe enough to not go for a PCT. To stay on the safe side PCT is recommended.

1. Ostarine

The most famous of all SARM’s, you may not even need to be introduced to this, but since we are talking about SARM’s so it had to be included in this list. It can effectively preserve your muscle mass while you have to lose your calories. It can easily suppress your testosterone levels if higher dosages are gulped. So going for a PCT afterwards becomes important for you.

The cycle length that lasts on average is somewhere between six to ten weeks, taking the drug at a dosage of 10mg to 25mg.

**References:**

<https://www.theihcc.com/best-pct-for-sarms/>

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