

Testosterone FAQs,

Everything You Need To Know!

What is Testosterone?

Testosterone is a hormone that's found in humans and other animals. In guys, it's mostly made by the testicles, while in girls it's made in smaller amounts by the ovaries. Testosterone is super important for male growth and manly characteristics, like developing the penis and testes, getting a deeper voice during puberty, growing facial and pubic hair, getting bigger muscles and stronger bones, having a sex drive, and making sperm.

Testosterone levels go up during puberty and start to go down after age 30 or so. Low levels of testosterone can cause different symptoms in men, like having less sex drive, feeling tired, gaining weight, feeling sad or moody, having low self-esteem, losing body hair, and getting thinner bones. In women, low testosterone levels can also cause symptoms like low sex drive, weaker bones, trouble concentrating, and feeling sad.

Doctors might prescribe testosterone therapy for people with low testosterone levels. It has become a major trend for men to jump onto TRT.



Are anabolic steroids and Testosterone the same?


Testosterone is a male androgen hormone which is also often known as a steroid hormone or an anabolic steroid. Testosterone has both androgenic (male traits) and anabolic effects on the body like building and repairing muscle.

Increasing muscle mass is the main reason people use testosterone in the form of an anabolic steroid. Testosterone steroids are synthetic derivatives of the hormone with slight modifications to the original chemical composition of testosterone.



Is Testosterone bad for your liver?


The highest risk for liver disease when it comes to steroids comes from those which are taken orally due to the slower methods of clearing the liver. Increased risk to liver health can also come about when people combine multiple steroids and medications, or abuse the substances at high dosage levels over a long period of time.



Do Testosterone esters show up in a drug test?

Different esters have a different detection time based on their half life and how long they take to clear the body to a low enough level to avoid detection. This can be anywhere from a few weeks to three months after your last injection.

For example, Testosterone cypionate and enanthate have a detection time of three months. On the other hand, Propionate has a quick 2-3 weeks detection period.



What are the long term health effects of using Testosterone?

It's well known that long term use of steroids can cause damage to your health, especially when you've been doing it for many years. In the most extreme cases, failure of the kidney, liver or heart can occur resulting in death.

Other risks over the long term include mental health problems like depression, increased mood swings and rage, more severe acne and skin problems, baldness, gynecomastia requiring surgery, and shrinkage of the testicles. Abscess and other complications at injection sites are another risk factor in both the short and long term.



What is Testosterone half life?

The half life of a testosterone ester is simply the measure of how long it takes for your body to eliminate half the dose.

This is important to know when it comes to planning your cycle and understanding the most effective timing of your injections so you experience the maximum benefits, while minimizing side effects as much as possible.

Of course, if you also think you'll be exposed to drug testing, it's important to know the half life of what you've taken so you know how much remains in your body at any point in time.



What's the best cycle for muscle gain?

Run a Test/Deca/Dbol cycle. For someone less experienced, AN EASY 20lbs. This cycle is achievable, maybe even more if you're eating enough.

So I'd suggest 35 mg/day Dbol for 6 weeks, 500mg/week Test Cypionate for 12 weeks, and 300mg/week Deca for 12 weeks respectively. If any symptoms of gyno appear during the cycle use 0.5mg/eod Arimidex throughout the cycle.

For recovery (PCT) use 0.5mg/day Arimidex for 1 month post last injection. Begin Clomid 2 full weeks after your last injection and take it at 100mg/day for days 1-10, then 50mg/day days 11-20.



Can HCG and Nolvadex be used for PCT?

Yes, I'd go 2500iu/week HCG split up into 2x1250iu shots spread evenly during the week (Mon/Thur) for 2 weeks, then continue with Nolvadex for 4 weeks at 40/40/20/20.

Common Q&A Related to Your First Steroid Cycle



When you're new to steroids you are likely to have a lot of questions. Below are some of the most common questions I see being asked by people considering using steroids for the first time.


What are anabolic androgenic steroids (AAS)?



These are steroids which are synthetic derivatives of testosterone which give similar effects to that male hormone. Because testosterone is so critical in the process of building muscle and strength, taking AAS substances substantially boosts your ability to gain muscle mass, burn fat, and recover faster.

The androgenic side of some of these steroids can result in masculinizing side effects which is why advanced users aim to use steroid types that have more powerful anabolic effects, and reduced androgenic effects.

Is it safe to inject steroids? Does it hurt?



Maintaining common sense hygiene and safety practices ensures you won't be risking your health with any sort of infections when using steroid injections.

When it comes to the best location for your steroid injections – as a beginner it's often recommended to start at one of the biggest muscles – the buttock area. The top right or left area is the gluteus maximus muscle and is going to be the least painful location.

To avoid pain and irritation, rotate your injection sites each time and don't inject into the same muscle without letting it recover.

What age should I start using steroids?



Many people think it is a waste to begin using steroids below age 30, and particularly below age 25 because natural testosterone levels are so high during this time that you should be making the most of it.

Older guys who are seeing a natural decrease in testosterone as they age will often turn to steroids to maintain the positive benefits of testosterone – including gaining muscle, but most also note a significant boost in all over mental and physical well being so long as the steroids are not abused.

What should my diet and training be like when I'm on a steroid cycle?



Plenty of protein is a must while on a cycle since steroids boost protein synthesis which in turn is what builds muscle. You want to maintain your fuel and never allow the muscles to become depleted. The better you eat while on a cycle, the better your results will be.

The same goes for your training: while on a cycle your body is ready to be pushed to the maximum limit. Your gains will come on thick and fast, but only those who are dedicated to lifting the heaviest weights and pushing through the toughest reps until absolute muscle exhaustion will reap the maximum potential benefits that can be had by using steroids.

What is an ester?



Ester is a chemistry term relating to the modification of compounds. This gives us varying forms of similar steroids: for example, there are multiple types of testosterone esters which are very similar in chemical structure, but with slight differences which are enough to give each ester a different effect on the body. There are dozens of testosterone esters but only a few are commonly used by AAS users.

Should I take anti-estrogen drugs with steroids?



Some steroids can increase the female hormone estrogen by bringing about an imbalance in hormones that leads to the aromatase enzyme converting too much testosterone into estrogen, causing distressing side effects. For this reason, users of steroids that are known to have these effects will make use of anti-estrogen drugs known as aromatase inhibitors. Many of these are cancer medications made for women and are not always simple to get your hands on.

What is gyno?



Short for gynecomastia – male breast growth which is a common side effect of some steroid use. If too much estrogen conversion happens, gyno comes about and it's not reversible besides with surgery like liposuction. This swelling of the breast tissue is one of the most visible and embarrassing potential side effects of steroid use and undoubtedly one that guys go to great lengths to try and prevent. Anadrol and Dianabol are two of the steroids known to come with a higher risk of gyno development.

Will steroids give me acne or make me bald?



Male pattern baldness and acne type skin conditions are certainly two possible side effects of anabolic steroid use. Out of the two, acne is considered the more common side effect, with baldness being higher risk if your male ancestors passed on baldness genes.

Acne comes about due to increased activity of the oil producing sebaceous glands thanks to the androgen effects of some steroids. One study found that over 40% of anabolic and androgenic steroid users experienced acne, particularly on the face and back. The good news is that acne can disappear once you stop the steroid, however baldness is more permanent.

Will steroids affect my sex drive?



A boost of the libido is common when using AAS compounds. Many guys notice a concerning drop in their sex drive after stopping steroids. This is due to the body's natural testosterone production being significantly reduced or stopping altogether, which is why post cycle therapy is so important once you come off a steroid cycle as you aim to get your natural hormone levels back to normal.

How fast do anabolic steroids work?



Every steroid is different when it comes to how quick you can start seeing results, and your training and diet regime will play a significant role in how big you're going to get and how fast you'll get there.

Injectable steroids naturally work much faster than orals like Dianabol. For most steroids you are looking at a few weeks, which is why you need to stick to a recommended cycle length according to which AAS you're going to use.

What happens when you stop taking steroids?



Although anabolic steroids are not drugs that bring about physical addiction, users can experience mood swings, anxiety, depression and other negative effects when stopping steroid use due to a sudden hormonal imbalance and low testosterone.

Steroids with a longer half life take longer to withdraw from. This is why it's critical to work on restoring the natural hormone balance after using AAS compounds.

Our Conclusion

Testosterone is a hormone that plays a vital role in many aspects of men's health, such as muscle mass, bone density, sex drive, and sperm production. However, testosterone levels tend to decline with age, which can lead to various symptoms and health problems. Testosterone replacement therapy (TRT) is a treatment option that aims to restore normal testosterone levels and improve quality of life. TRT has been shown to have some benefits, such as increasing sexual and erectile function, reducing body fat, and enhancing muscle strength.



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*sources: google bard, wikipedia, various blogs and websites, etc.