

SARM	RESEARCH FIELD	ANABOLIC : ANDROGENIC ACTIVITY	ANIMAL TRIALS	HUMAN TRIALS	LEGALITY	MEN DOSAGE	WOMEN DOSAGE	STACK	HALF LIFE
RAD 140	MUSCLE GROWTH, ENDURANCE	90:1	YES	NO	YES	20-30 mg/day, 30 minutes before training or after meal	5-10 mg/day, 30 minutes before training or after meal	MK2866, LGD4033, MK677 (bulk)	20 HOURS
LGD 4033	MUSCLE GROWTH, FAT BURNING	10:1	YES	YES	YES	5-10 mg/day, 30 minutes before training or after meal	2,5-5 mg/day, 30 minutes before training or after meal	RAD140, GW501516, MK677 (bulk) / S4, GW501516 (cut)	25-30 HOURS
GW 501516	ENDURANCE , FAT BURNING, MOOD	/	YES	NO	YES	10-20 mg/day, 30 minutes before training or after meal	5-10 mg/day, 30 minutes before training or after meal	RAD140, GW501516, MK677 (bulk) / S4, GW501516 (cut)	12-24 HOURS
MK 677	BONE DENSITY, MUSCLE GROWTH	25:1	YES	NO	YES	5-25 mg/day, 30 minutes before training or after meal	5-15 mg/day, 30 minutes before training or after meal	S4, GW501516,L GD4033 (cut)	24 HOURS
SR 9009	ENDURANCE , FAT BURNING, MUSCLE GROWTH	/	YES	NO	YES	10-30 mg/day, 30 minutes before training or after meal	5-10 mg/day, 30 minutes before training or after meal	RAD140, MK677, MK2866, LGD4033, GW501516 (bulk)	4-6 HOURS

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MK 2866	MUSCLE GROWTH, BONE DENSITY	18:1	YES	YES	YES	15-25 mg/day, 30 minutes before training or after meal	5-10 mg/day, 30 minutes before training or after meal	S4, GW501516 (cut) / MK677, LGD4033, RAD140 (bulk)	20-24 HOURS
YK 11	MUSCLE DENSITY, RECOVERY	25:1	YES	NO	YES	10-15 mg/day, 30 minutes before training or after meal	0,5-2 mg/day, 30 minutes before training or after meal	MK2866, RAD140, LGD4033 (bulk) / S4, GW501516 (cut)	8-12 HOURS
S4	FAT BURNING, MUSCLE GROWTH	/	YES	YES	YES	50 mg/day, 30 minutes before training or after meal	12,5-25 mg/day, 30 minutes before training or after meal	LGD4033 (bulk) / GW501516 (cut)	4-6 HOURS
S23	FAT BURNING, MUSCLE GROWTH	/	YES	NO	YES	20-30 mg/day, 30 minutes before training or after meal	5-10 mg/day, 30 minutes before training or after meal	LGD4033, RAD140 (cut) / MK677, MK2866 (bulk)	12 HOURS
NANO LAXO	RECOVERY, MUSCLE GROWTH, LOWER CORTISOL	/	YES	NO	YES	100 mg/day, 30 minutes before training or after meal	50 mg/day, 30 minutes before training or after meal	RAD140, LGD4033, GW501516 (bulk) / MK677, MK2866 (cut)	12 HOURS