

SARMS REPORT:

THE 4 MOST POPULAR SARMS AND HOW THEY WORK

GET A BETTER UNDERSTANDING OF SARMS AND
WHETHER THEY CAN PLAY A POSITIVE
ROLE IN YOUR RESEARCH.



DISCLAIMER

Due to their legal designation in the United States, SARMs are not dietary supplements nor are they intended for human ingestion or for use in products that may be ingested. They are also not intended for veterinary use. SARMs are research chemicals intended for medical and scientific research purposes only. This distinction is required on the labels of research chemicals, and is what exempts them from regulation under parts 100-740 in Title 21 of the Code of Federal Regulations [21CFR].

Discussion of SARMs within this document does not constitute a license to, or a recommendation for, its illegal use in any way whatsoever.

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WHAT ARE SARMS?

If you downloaded this book, it's highly likely you've heard of SARMS but aren't sure what they're all about, and you'd like to learn more.

According to the United States Anti-Doping Agency, which is an authority on the subject of performance-enhancing substances:

"Selective Androgen Receptor Modulators [SARMS]" are a class of therapeutic compounds that have similar properties to anabolic agents, but with reduced androgenic properties. This property allows SARMS the advantage of androgen-receptor specificity, tissue selectivity, and the lack of steroid-related side effects...SARMS have been prohibited by the World Anti-Doping Agency (WADA) since 2008. SARMS have the potential to be misused for performance enhancement in sport due to their anabolic properties as well as ability to stimulate androgen receptors in muscle and bone. "

While each SARM is unique in its function [which we'll cover in this guide], they are generally known to stimulate the growth of muscle tissue and burn fat.

SARMS work by stimulating androgen receptors that travel to a cell's nucleus with specific instructions [called "gene transcription"] for the cell to perform specific functions.

This guide will give you an overview of the 4 most popular SARMS and highlight information about each one.



RAD 140

[RAD-140](#), also known as Testolone, is one of the most powerful SARMs available.

It has one of the highest ratios of anabolic to androgenic activity of any SARM, coming in at 90:1. To put this into perspective, testosterone has an anabolic to androgenic ratio of 100:100

This means that for every muscle-building receptor testosterone binds to, it will also bind to an androgen receptor (responsible for estrogen increase). RAD-140, on the other hand, is almost purely anabolic.

According to one study[1]:

“RAD-140 has all the hallmarks of a SARM. It is potency selective, since it stimulates muscle weight increases at a lower dose than required to stimulate prostate weight increases. Moreover, it is also efficacy selective, because it is fully anabolic on muscle but demonstrates less than complete efficacy on the prostate and seminal vesicles and, in fact, can partially antagonize the stimulation of the seminal vesicles induced by testosterone.”

The same study discovered that RAD-140 targets muscle and bone growth.

Users report solid gains in both muscle and strength with this product and very few (if any) side effects.

WHAT'S IT USED FOR?

Builds lean muscle mass and improves strength

RAD-140 HIGHLIGHTS:

- Most popular SARM
- Anabolic to androgenic ratio of 90:1
- Highly effective for muscle growth and size
- Shown to improve libido and sexual performance
- Shown to contribute to dramatic fat loss, as well as development of lean muscle mass in as short as four to six weeks
- Shown to help with enhancing body composition
- Shown to contribute to rapid muscle recovery



MK-2866

With multiple published human trials under its belt, [MK-2866](#) (also called Ostarine or Enobosarm) is one of the best-studied SARMs. Those studies found MK-2866 shows no meaningful side effects and is very effective at building lean muscle tissue.

Elderly men and women who took modest doses of ostarine for 12 weeks grew 3 pounds of muscle and lost a pound of fat, with no changes to diet or exercise[2].

Cancer patients saw nearly identical results along a similar timeframe[3].

No side effects were reported in either study.

Anecdotal evidence, however, suggests researchers reported short-term testosterone suppression when subjects take high doses of MK-2866 for 8-12 weeks.

Testosterone rebounded to normal levels within a couple weeks after they stopped.

Another study[4] shows MK-2866 improves bone healing and muscle growth in rats.

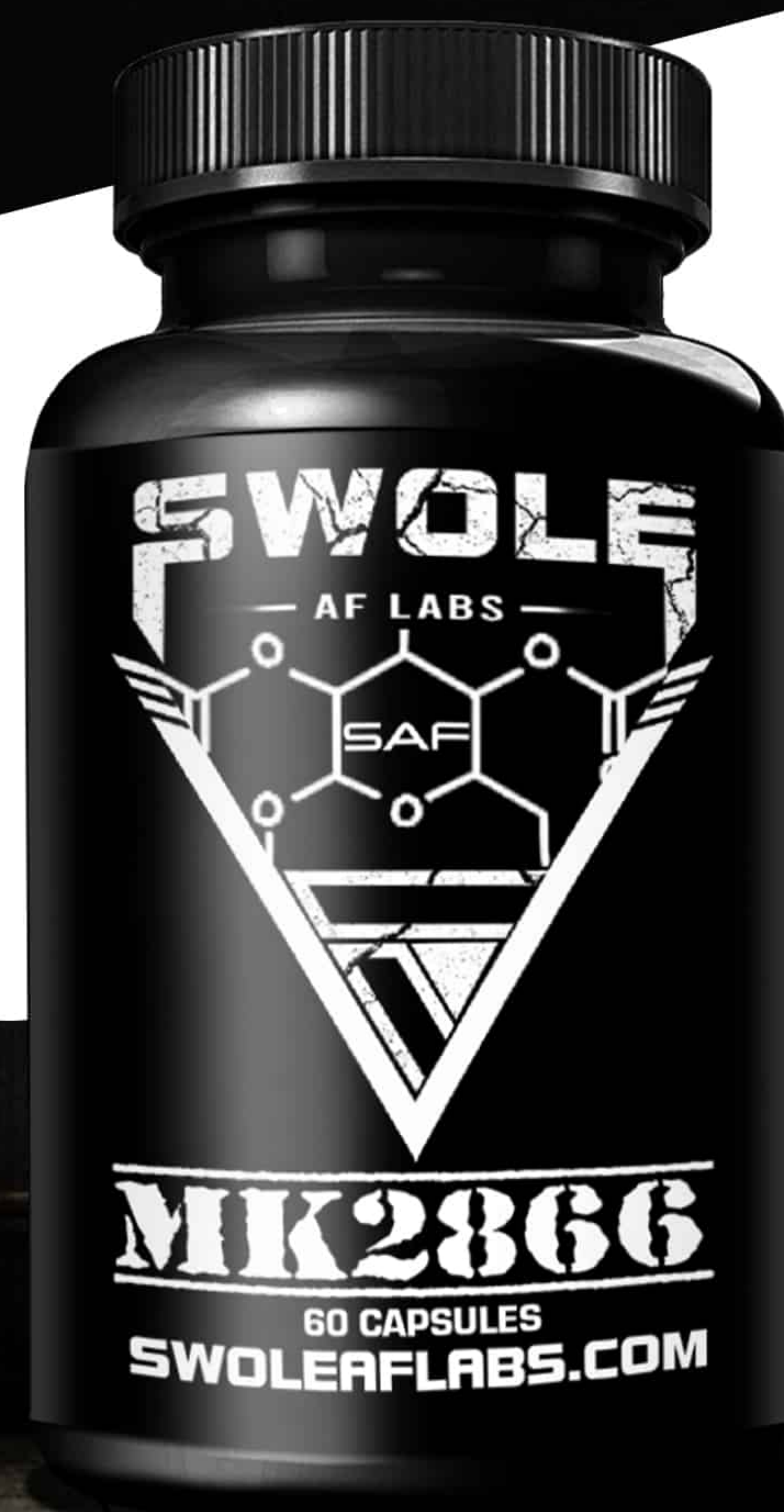
Researchers also reported little to no water retention and a noticeable loss in fat.

WHAT'S IT USED FOR?

Cut fat and maintain or build lean mass

MK-2866 HIGHLIGHTS:

- 2nd most popular SARM
- Shown to increase endurance and strength
- Helps to build muscle and burns fat at the same time
- Aids in expending more calories than consumed to burn more fat
- Shown to boost joint repair and healing
- Does not convert to DHT (dihydrotestosterone) or estrogen
- Helps increase nitrogen retention and protein synthesis (the primary building blocks for muscle mass)
- Extremely high anabolic impact



LGD-4033

[LGD-4033](#), also known as Ligandrol or Anabolicum, is best known for improving muscle mass and strength levels.

In 2013, a 21-day study of 76 healthy men aged 21 – 50 years old[5] showed some interesting results:

- Healthy men who took LGD-4033 during the test period saw significant increases in lean body mass
- 1mg/ day was enough to cause significant muscle growth
- The higher the dose, the more muscle participants put on
- The only side effect reported was short-term testosterone suppression

Another trial where participants took doses as high as 22 mg/day showed no side effects or safety issues[5].

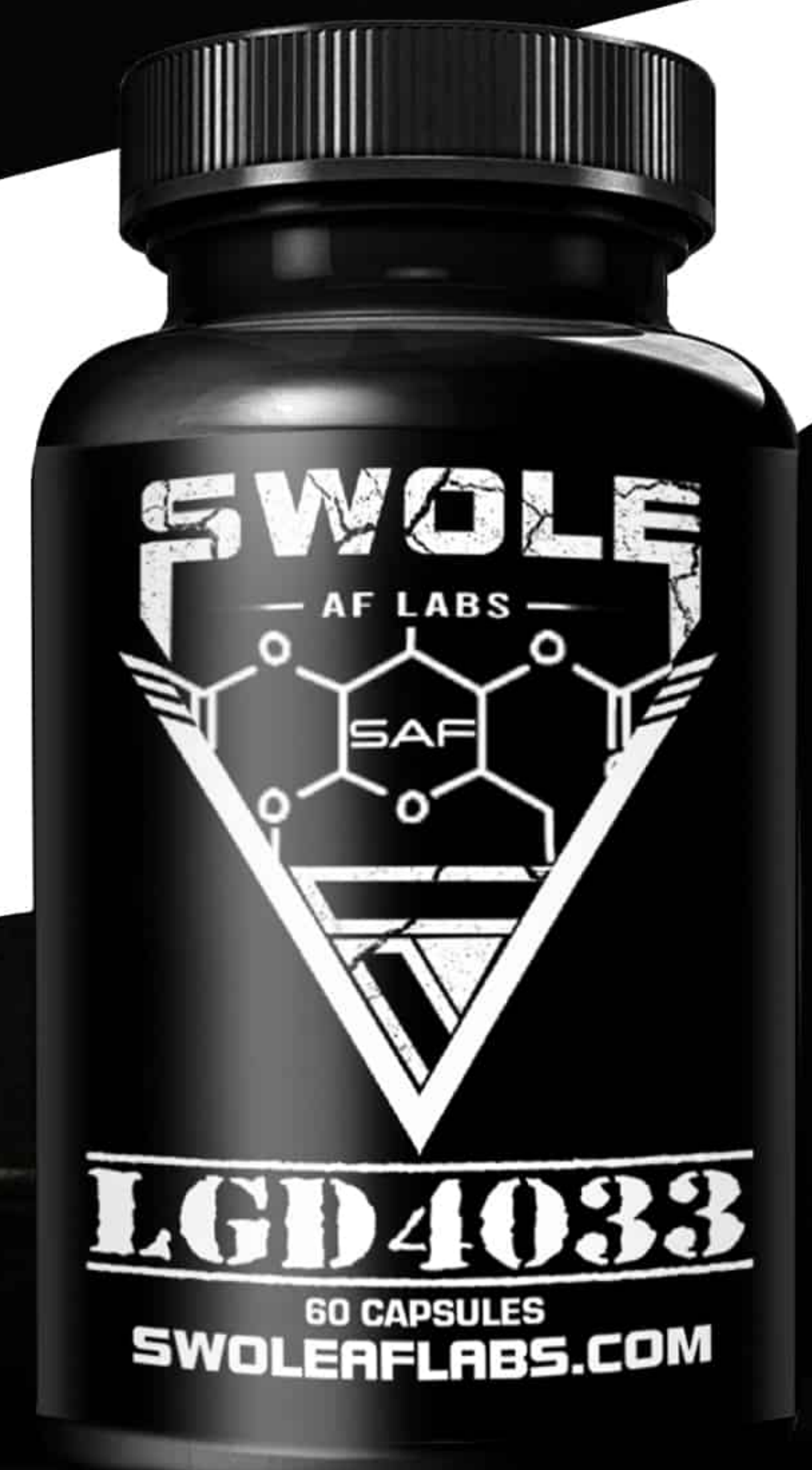
In rats, LGD-4033 increases bone density, muscle mass, and sex drive, without damaging prostate or liver tissue [5].

LGD-4033 HIGHLIGHTS:

- 3rd most popular SARM
- Increases lean muscle mass
- Enhances muscle composition
- Prevents bone degeneration
- Rapid strength improvements
- Muscle gains can be retained when combined with correct amounts of macronutrients and calories
- Subjects experienced a loss of fat and increase in muscle mass in as little as four to six weeks
- Some cases show an increase in performance by 40 to 50 percent
- After six to eight weeks, subjects can expect harder, cleaner, and improved vascularity during the cutting phase

WHAT'S IT USED FOR?

Building pure mass



GW501516

[GW501516](#), also known as Cardarine, is best known for its ability to enhance endurance and promote fat loss, which makes it a great “cutting” SARM.

It lights up many of the same genes you’d activate by going on a run or lifting[6].

When researchers had mice take GW501516 with consistent exercise, results went through the roof:

- GW501516 combined with 4 weeks of regular running increased running time by 68% and running distance by 70%, and doubled overall muscular endurance[6].
- W501516 plus exercise increased mitochondrial growth in muscle by about 50%[7], allowing muscles to generate more power without fatiguing.
- It also decreased fat while preserving muscle [6].

It’s also shown useful in the reduction of bad cholesterol or LDL while enhancing the level of HDL cholesterol in the body[8].

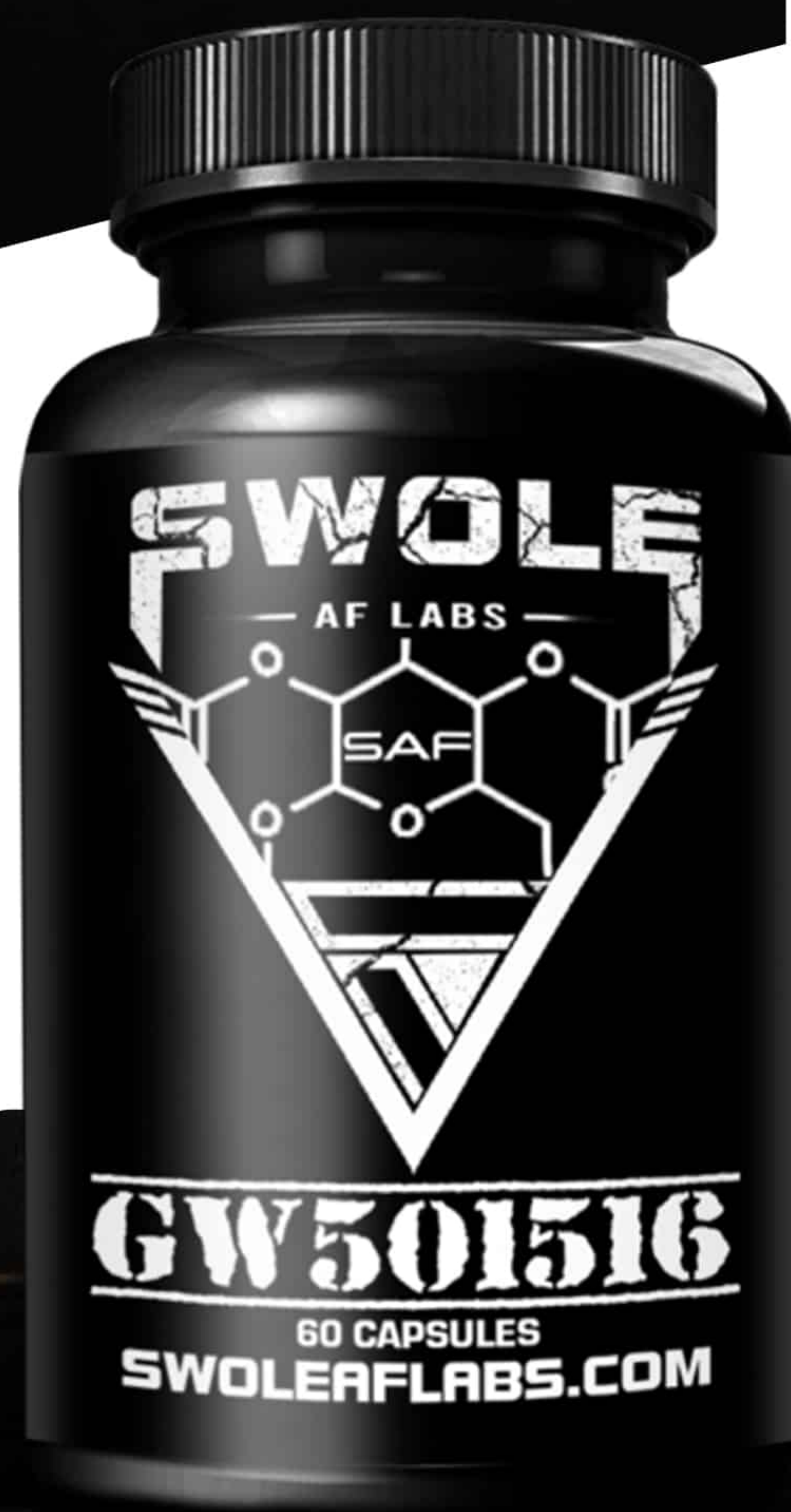
Something to note is that a study did find that GW501516 caused cancer in rats, but they were taking the human equivalent of 2400 mg a day for 2 years straight[9]. That’s about 240x a normal dose, taken every day, for 104 weeks instead of 4 weeks.

WHAT’S IT USED FOR?

Burning fat and dramatically improving endurance

GW501516 HIGHLIGHTS:

- Greatly increases endurance
- Improves speed and strength
- Improves cardiovascular strength
- Lower cholesterol
- Burns fat and suppresses inflammation
- Protects brain vessels from oxidation damage and stress
- Stimulates dramatic fat loss with significant and visible vascularity improvements
- Boosts development of nerve cells



WHAT ARE THE TOP SELLING COMPOUNDS AT SWOLE AF LABS?

Still unsure what to buy for your research? Check out our most popular compounds for different stages of research experience.

TOP BEGINNER PRODUCTS

[Shredded AF](#)



TOP INTERMEDIATE PRODUCTS

[RAD140](#)

[Ripped AF](#)



TOP ADVANCED PRODUCTS

[Oh F*uck](#)



IF YOU WANT TO FIND A TRUSTED SOURCE FOR SARMS ONLINE

[Swole AF Labs](#) is the internet's most trusted source for legit, high-quality SARMS.

They conduct independent third-party testing on all research chemicals and post purity tests on their website.

They've served 30,000+ happy customers and have more than 35,000 Facebook likes.

Swole AF Labs truly believes in putting people before product to ensure a first-class customer experience. When you shop their site, you get access to VIP customer service to help you with everything you need.



All Swole products are backed by a rock-solid 30-day money-back guarantee.

Also, your first purchase comes with FREE & INSTANT MEMBERSHIP to Swole Mafia, a private community of more than 4,000 members who are active, engaged, and helpful.

**CLAIM YOUR EXCLUSIVE BUY 1 GET 1 FREE DEAL
AT [SWOLEAFLABS.com](https://www.swoleaf labs.com)!**

REFERENCES:

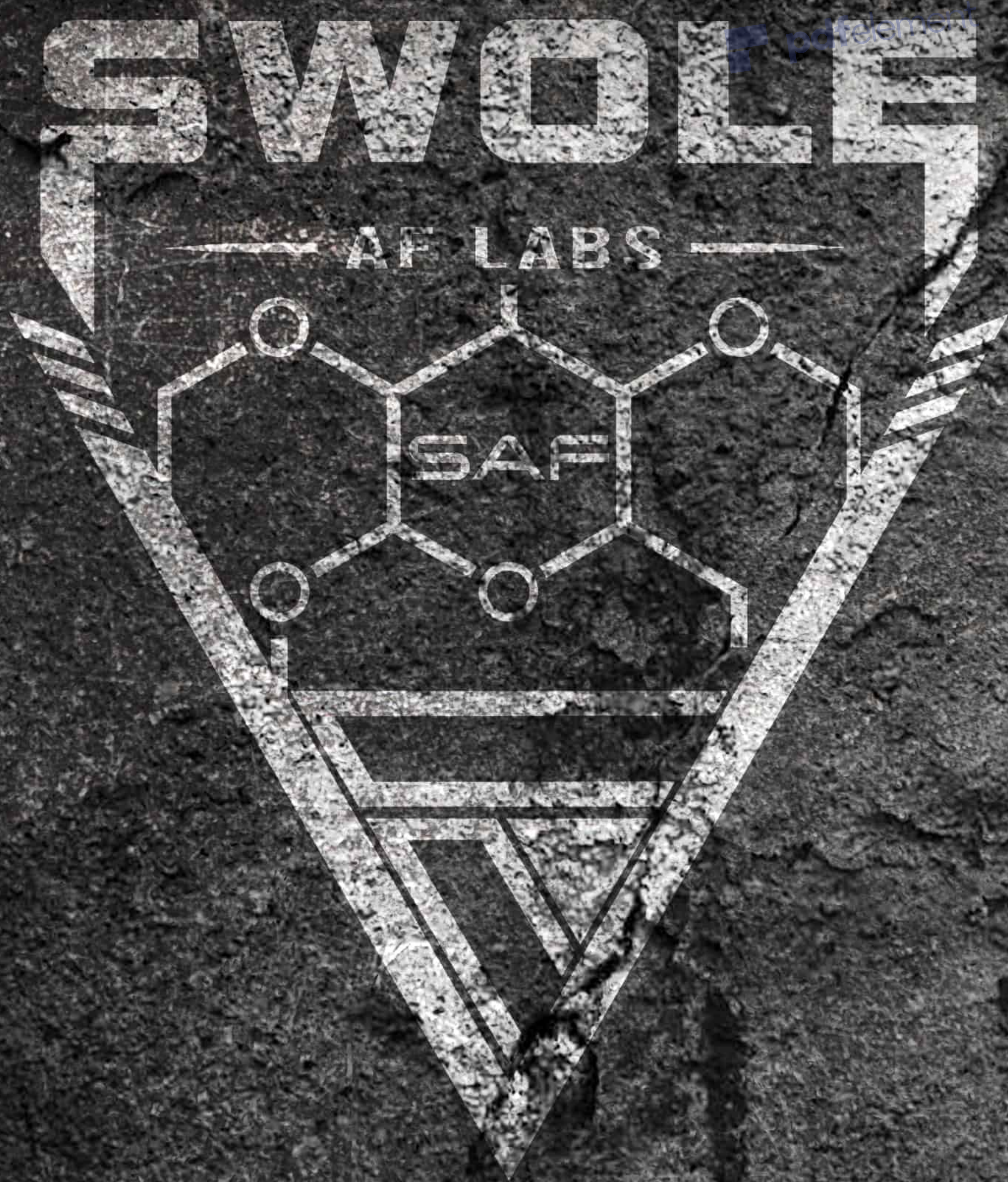
1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4018048/>
2. <https://onlinelibrary.wiley.com/doi/full/10.1007/s13539-011-0034-6>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4898053/>
4. <https://www.ncbi.nlm.nih.gov/pubmed/31531719>
5. <https://academic.oup.com/biomedgerontology/article/68/1/87/548321>
6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2706130/>
7. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3936671/>
8. <https://pubmed.ncbi.nlm.nih.gov/22814748/>
9. <https://web.archive.org/web/20150504013406/http://www.toxicology.org/AI/PUB/Tox/2009Tox.pdf>





DANGEROUS MISTAKES

PEOPLE MAKE WHEN BUYING
SARMS ONLINE



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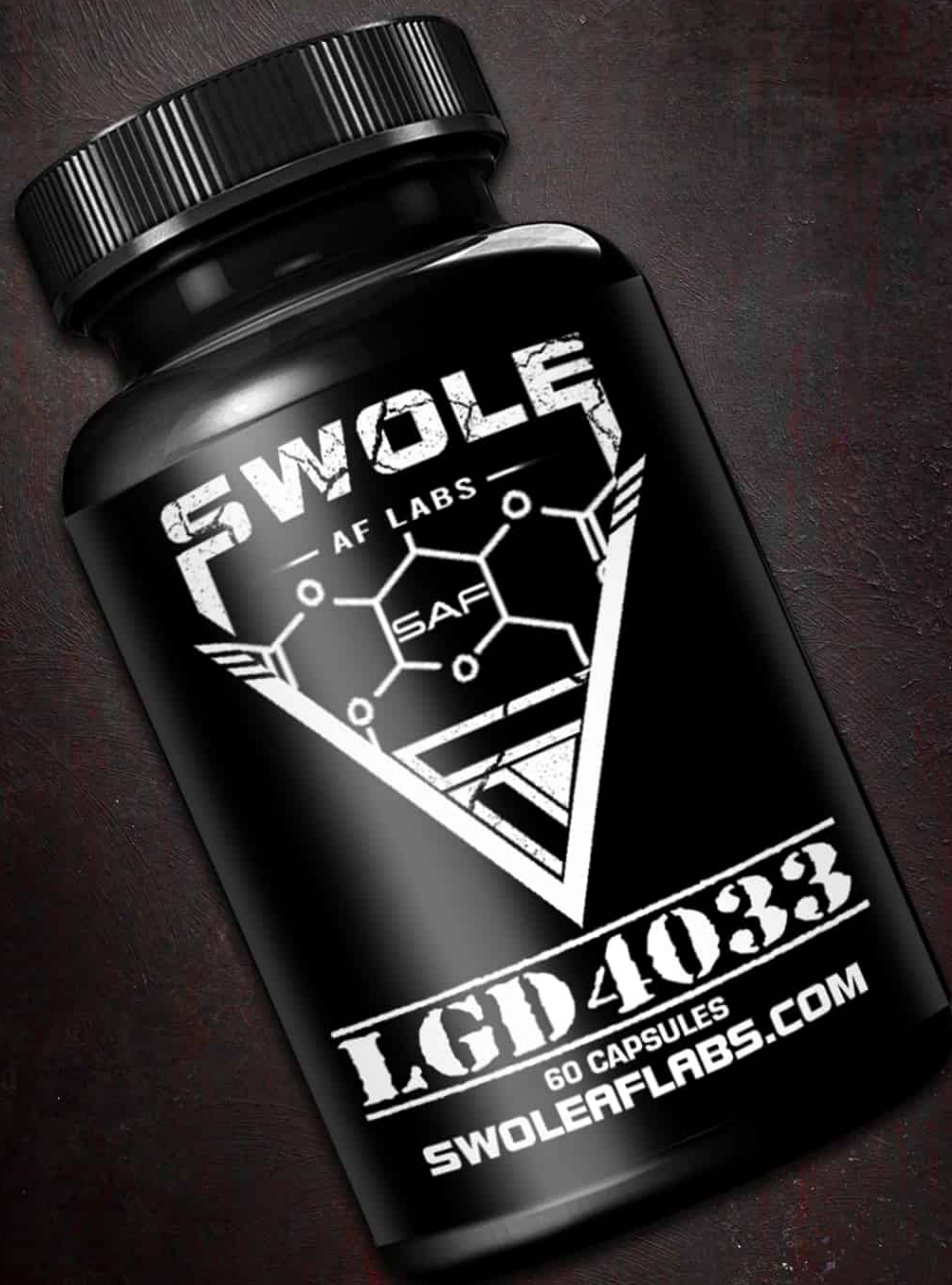
IF YOU'RE READING THIS,

it's because you're interested in SARMs and are looking for a legit, trustworthy source to buy them from.

Maybe you've done a ton of research or maybe you're still in the early stages. Either way, before you buy from the first website you saw a Facebook ad for or heard about on Reddit, take a look at these common — and dangerous — mistakes people make when choosing a supplier.

These mistakes can cause you to receive low quality or fake SARMs that either do nothing... or worse, cause serious harm to your research subjects. These mistakes can also cause you to get scammed out of your hard-earned money.

**KEEP READING SO YOU
DONT GET SCAMMED**



BUYING FROM COMPANIES **WITHOUT** PURITY / QUALITY TESTS:

Quality (or lack thereof) is by far the biggest issue with buying SARMS online. Many SARMS are either underdosed, substituted with other drugs, or outright fake [containing 0 SARMS at all].

According to this study , almost half of the products marketed and sold as SARMS didn't contain a single SARM in it!

about half of the products marketed and sold as SARMS actually contained 1 or more SARMS. The rest didn't have any actual SARMS in the formula!

39% contained another unapproved drug, including the growth hormone secretagogue ibutamoren, and other chemicals.

Only 41% of the products tested had the actual amount of SARMS that was listed on the label.

When this happens, it's usually always at the beginning of the supply chain.

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That's **why** it's important to pick a seller who:

1. Performs due diligence before and during batch SARM powder production.
2. Insists production factory performs and provides certified COA's per batch.
3. Has third-party testing done [of a statistically-relevant sample size] for each batch by a certified & independent lab.
4. Posts these purity tests on their website for the sake of transparency.
5. Has an ongoing relationship with vetted backup suppliers

BUYING FROM COMPANIES WITH UNRESPONSIVE CUSTOMER SUPPORT

If a company takes long to respond to your questions or responds in vague, unhelpful ways, then you need to be careful.

Sure, you're paying from a product and not necessarily a customer service experience, but bad customer service is a red flag.

First of all, you want to make sure you're dealing with a company who cares about their customers.

Because if they don't, they're more likely to make false claims about the quality of their products, overcharge you, delay your shipment, mishandle your order, and other issues.

We found this on a SARMs subreddit:

Posted by u/[redacted]

15 [redacted] 3+ Weeks, No Response

I'm really at a bit of a loss here. I placed a \$260 order over three weeks ago and have gotten no response aside from auto-generated messages and notification that my payment was confirmed. I used the support form, sent emails and messaged the proprietor as recommended in another thread, all spread out over time, and still nothing. Their website was updated recently enough.

Update: still no response to any messages and it's coming up on a month(!) I did get finally get an auto-generated message with tracking, but it's just for a shipping label that was created and has spent the week sitting at the post office.

If I have to wait over a month for something, I need to know about it, especially given that my order was time sensitive. I'll update if I actually get something, but this is still a big *caveat emptor* that's not stated on their website or communicated at all.

Does anyone have insight into this from recent experiences? I'd rather not go through with filing a dispute.

28 Comments Share Save Hide Report 95% Upvoted

Another thing you may fall victim to is what's called an exit scam. This is when a company accepts money for orders but never ships them out and eventually closes up shop [making an "exit", hence the term].

To avoid being at risk for an exit scam, make sure to contact the company's customer support and gauge the level of service and help they offer.

BUYING FROM COMPANIES WITH **NO MONEY-BACK OR SATISFACTION GUARANTEE**

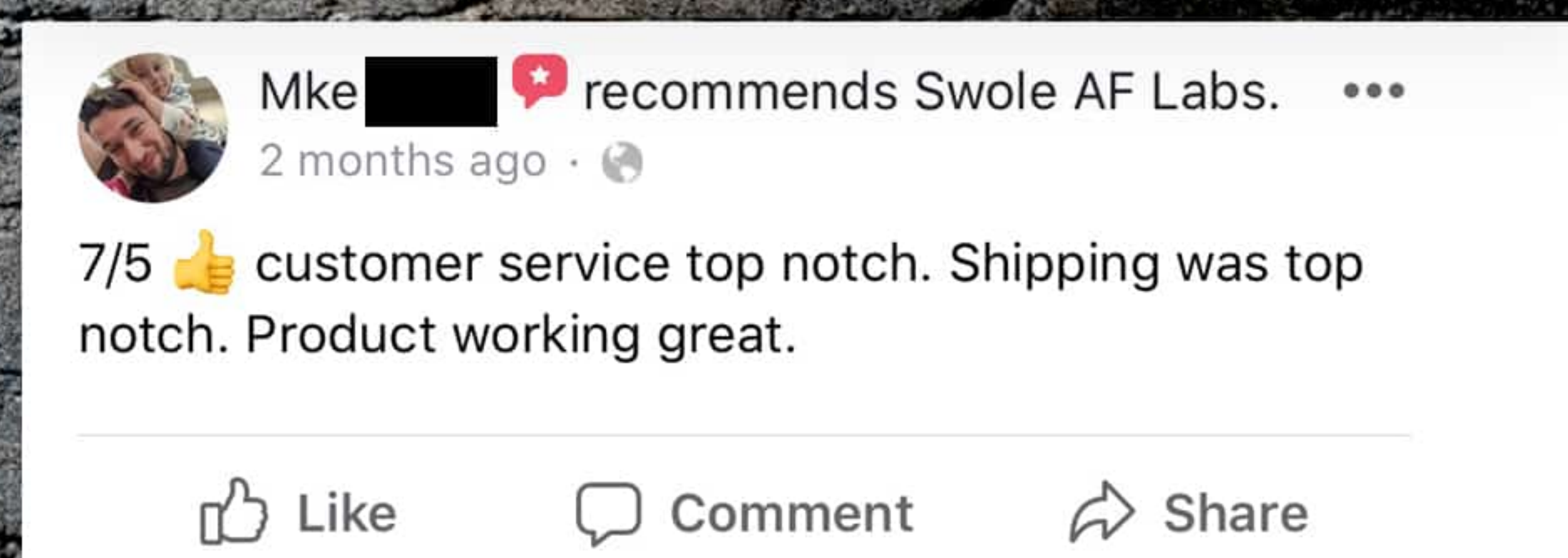
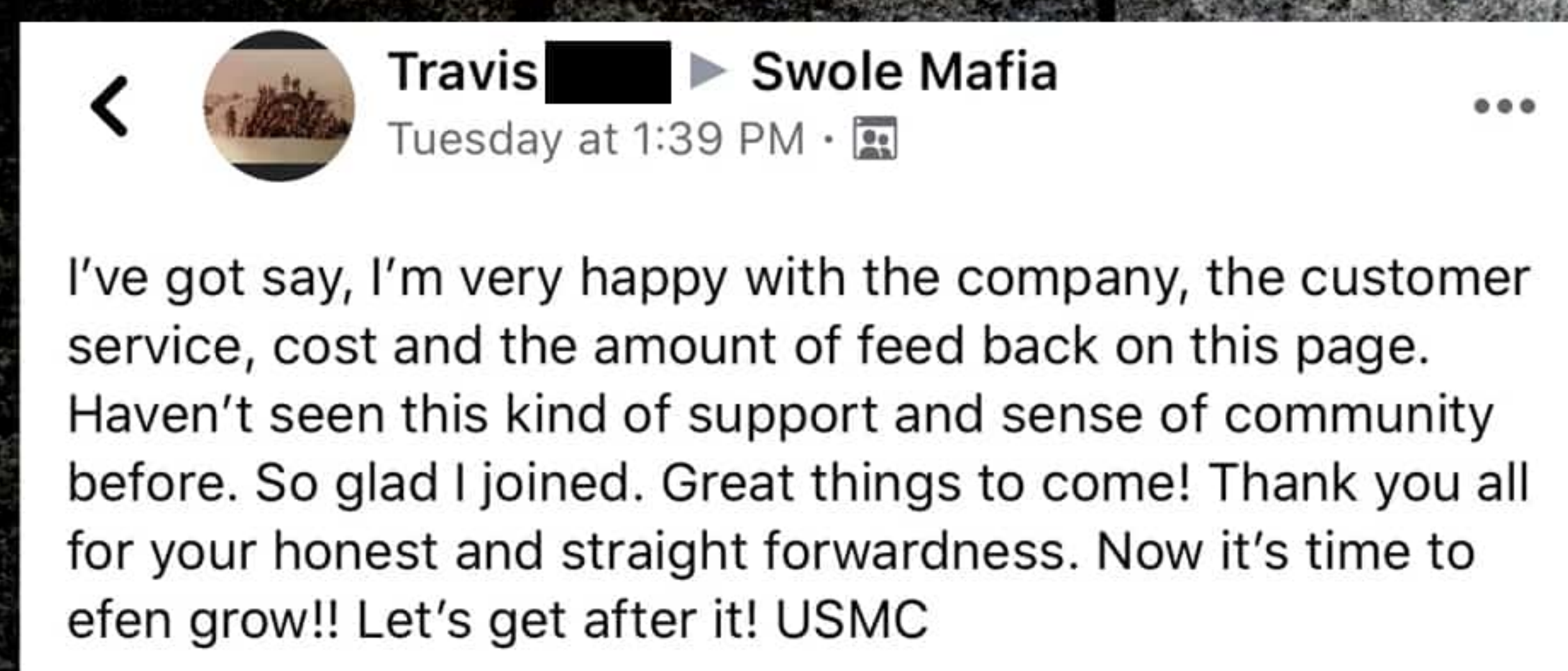
First of all, most companies will post a money back or satisfaction guarantee on their website, whether they're legit or not.

So if you come across a company that doesn't even have one...RUN!

It's important to reach out to customer service and ask about the guarantee. Again, as previously mentioned, if you can't get answers from their customer support, that's a red flag.

Also, look for reviews to see if anyone has commented about their service or money back policy.

For example, here are some reviews our customers have left about our customer service:



Speaking of reviews... let's look at the next dangerous mistake people make when they buy SARMs online.

BUYING FROM COMPANIES WHO **DON'T HAVE** A LOT OF REVIEWS OR SOCIAL MEDIA ACTIVITY:

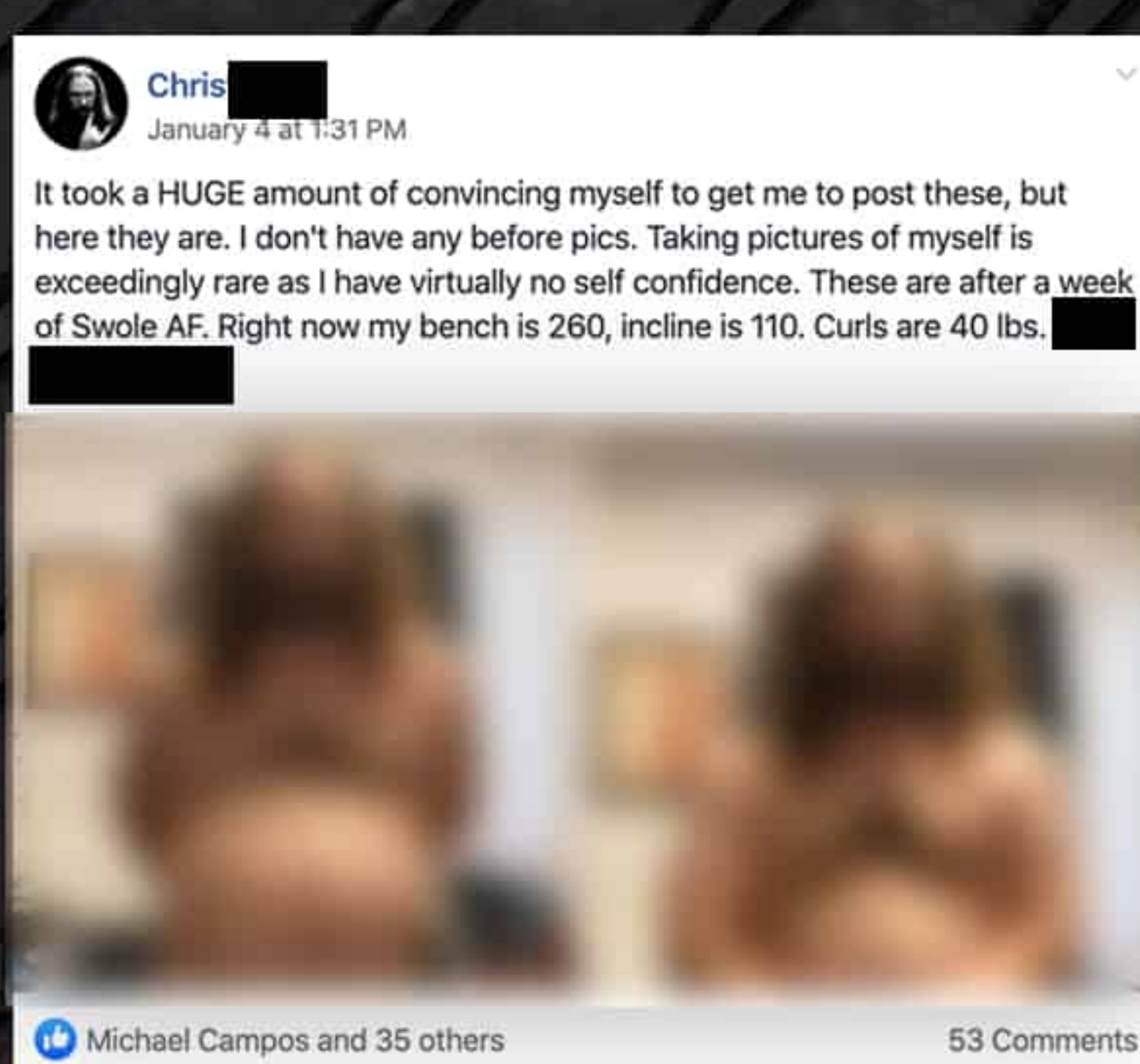
Sure, there are plenty of legitimate websites that don't have much of a social media presence.

But social media is a great indicator of a company's transparency and integrity. You know their reviews come from real people, not bots or company representatives.

Social media also makes it hard for a company to engage in scammy practices and hide quality issues.

Swole AF Labs is so transparent, we even have an exclusive Facebook group just for our customers to share their experiences and journeys.

A company with shady practices and low quality products would never risk having an open forum for customer discussion because everyone would just share their bad experiences and it would destroy the company's reputation.

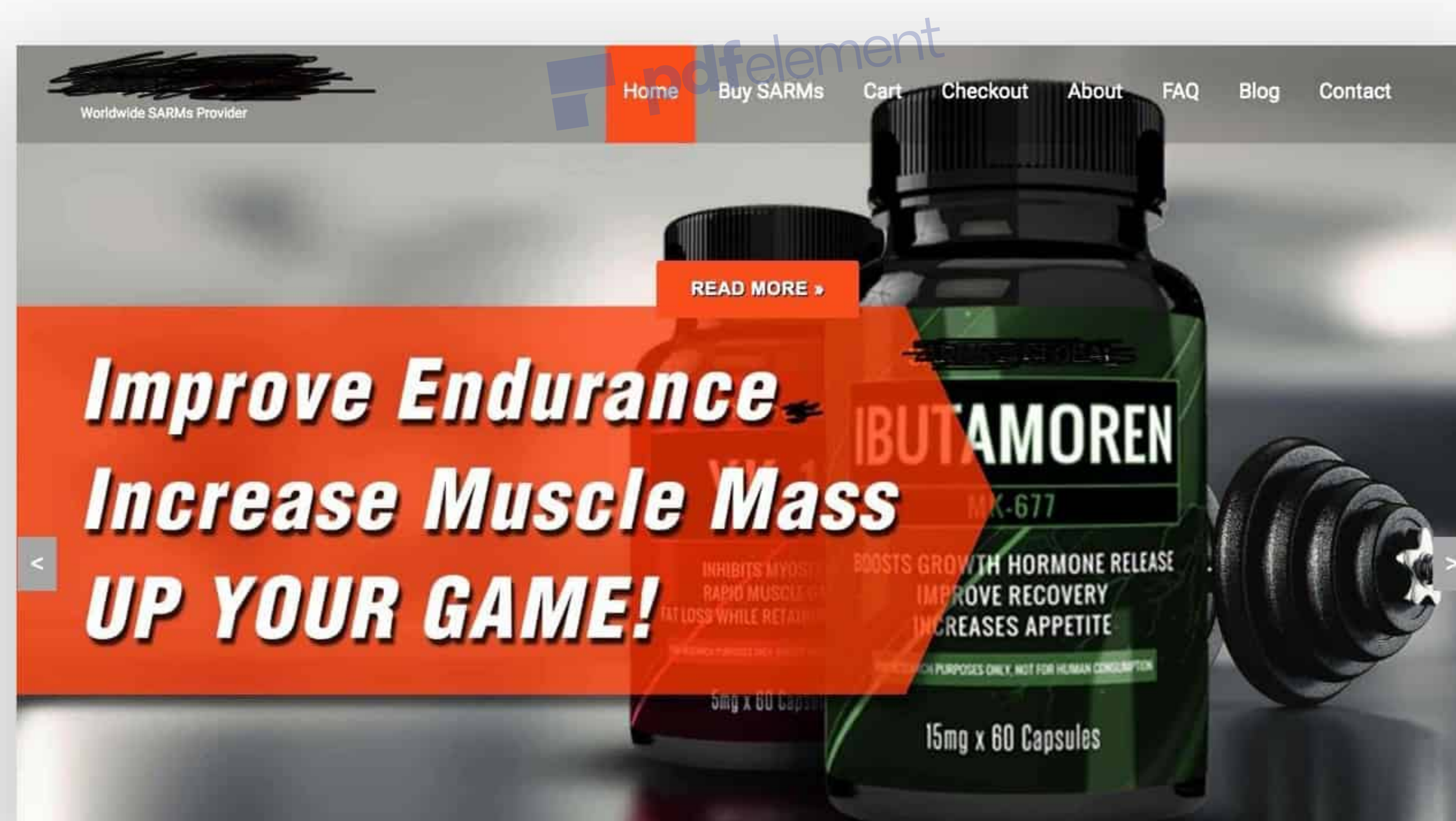


BUYING FROM COMPANIES WHO **OPENLY ENCOURAGE USING SARMS ILLEGALLY AS PEDS**

So here's the thing...as our disclaimer in page 1 mentioned, SARMS are research chemicals intended for research and laboratory use ONLY, and not intended for human consumption, which is in fact illegal in the United States. We don't encourage anyone to break the law and consume these chemicals illegally.

However, we're also not blind to the fact that people misuse these chemicals every day and conduct experiments on themselves, and there's nothing you nor we can do about it.

But there are some SARMS companies who openly discuss SARMS for human administration in an effort to enhance physical and athletic performance. This in and of itself is illegal, so companies who do this tend not to stick around very long (because of heat from the authorities).



BUYING FROM THEM PUTS YOU AT
**RISK FOR AN EXIT SCAM OR
OTHER LEGAL ISSUES**

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We've served thousands of happy customers and have 24,000 Facebook likes.

We believe in putting people before product to ensure a first-class customer experience. When you shop on our site, you get access to VIP customer service to help you with everything you need.



We protect your investment in research chemicals with an X-day money-back guarantee.

Check us out at [SWOLEAFLABS.com](https://www.swoleaflabs.com) and access your exclusive **BUY ONE GET ONE FREE deal on any SARMS!**

If you click this link, you can ignore the pop-up on the homepage because your BOGO deal will be automatically applied once you add 2 SARMS to cart.

SARMs

BUY NOW

