

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.



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



MK-677

[MK-677](#), also known as Ibutamoren or Nutrabol, is a growth hormone secretagogue that's commonly referred to as a SARM.

Medical and scientific studies have demonstrated that MK-677 is extremely effective to increase lean muscle mass. This is primarily done by increasing the levels of insulin-like growth factor-1 and growth hormone.

Testing of MK-677 has shown an increase in muscle mass and strength, as well as an increased ability to handle intense workouts along with reduced recovery times in between workouts. A big majority of MK-677 research showed a dramatic relief from nagging injuries and higher quality sleep.

MK-677 HIGHLIGHTS:

- Increased sleep quality and Rapid eye movement (REM) sleep
- Increased muscle mass and strength
- Heals bones, tendons, and ligaments
- Increased growth hormone levels
- Improved tissue regeneration
- Enhanced vitality and faster recovery
- Reduced body fat
- Increases insulin-like growth factor 1 (IGF-1)
- Clinically proven GH elevator
- Improves the sense of well being
- Improves basal metabolic rate
- Skin & complexion greatly improved

WHAT'S IT USED FOR?

Boosts recovery and repair, promotes lean muscle mass & reduces body fat



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



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[Shredded 3 in 1 Stack](#)



TOP INTERMEDIATE PRODUCTS

[RAD140](#)

[RIPPED 3 in 1+ Stack](#)



TOP ADVANCED PRODUCTS

[6 IN 1](#)



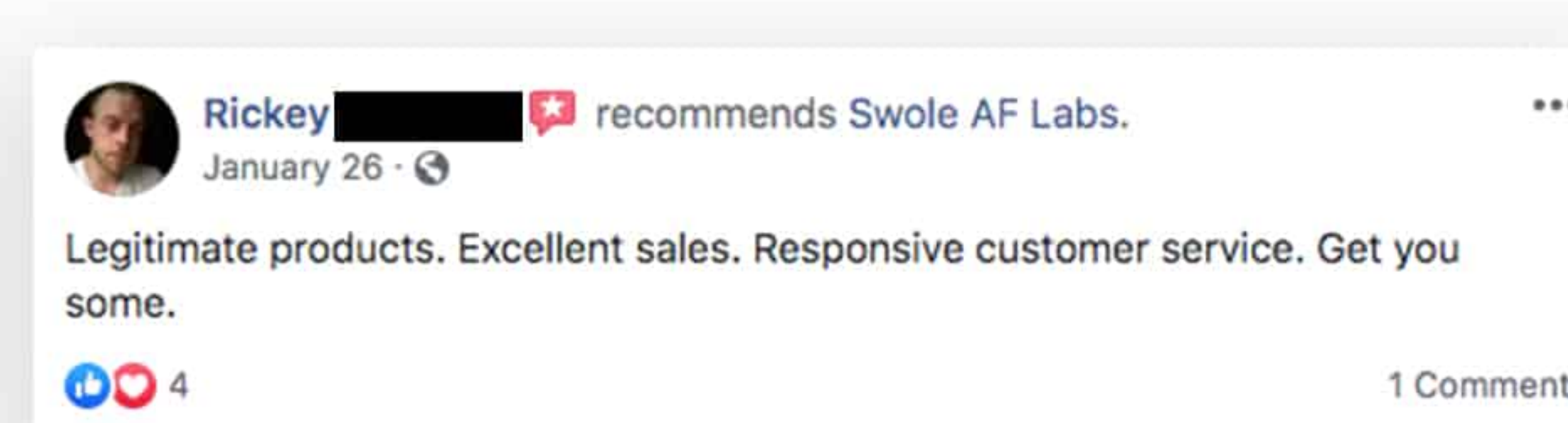
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[Swole AF Labs](#) is the internet's most trusted source for legit, high-quality SARMS.

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.

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