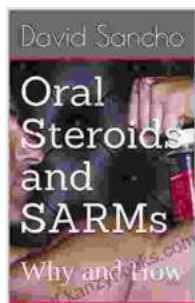


# Oral Steroids vs SARMs: The Ultimate Guide to Anabolics

Oral steroids and SARMs are two types of anabolic drugs that are used to improve athletic performance and physical appearance. Both oral steroids and SARMs work by binding to androgen receptors in the body, which then triggers protein synthesis and muscle growth. However, there are some key differences between oral steroids and SARMs that you should be aware of before making a decision about which one to use.



## Oral Steroids and SARMs: Why and How by Jack McCallum

★★★★☆ 4.4 out of 5

Language	: English
File size	: 2661 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 68 pages
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## What are Oral Steroids?

Oral steroids are synthetic derivatives of the male hormone testosterone. They are typically taken in pill form, and they can be used to increase muscle mass, strength, and endurance. Oral steroids are very effective for building muscle, but they can also have some serious side effects, including:

\* Liver damage \* Heart disease \* Stroke \* Kidney damage \* Infertility \* Gynecomastia (breast enlargement in men) \* Acne \* Hair loss \* Mood swings

## **What are SARMs?**

SARMs (selective androgen receptor modulators) are a newer class of anabolic drugs that are designed to have similar effects to oral steroids, but with fewer side effects. SARMs work by binding to androgen receptors in the body, but they do so in a more selective way than oral steroids. This means that SARMs are less likely to cause side effects such as liver damage, heart disease, and stroke.

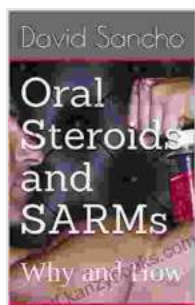
SARMs are still relatively new, and there is not as much research available on their safety and efficacy as there is for oral steroids. However, SARMs appear to be a promising alternative to oral steroids for people who are looking to improve their athletic performance or physical appearance.

## **Which One is Right for You?**

The decision of whether to use oral steroids or SARMs is a personal one. There is no right or wrong answer, and the best choice for you will depend on your individual needs and goals. If you are considering using oral steroids or SARMs, it is important to talk to your doctor first. Your doctor can help you assess the risks and benefits of each option and make an informed decision about which one is right for you.

Oral steroids and SARMs are two powerful anabolic drugs that can help you improve your athletic performance and physical appearance. However, it is important to be aware of the potential side effects of these drugs before

making a decision about which one to use. If you are considering using oral steroids or SARMs, it is important to talk to your doctor first.



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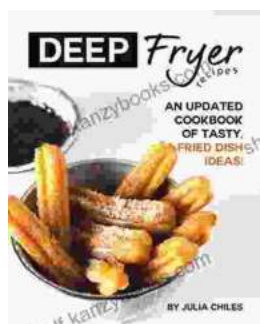
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