

Anastrozole is a drug group aromatase inhibitors used in bodybuilding as a means of preventing aromatization effect (conversion of testosterone into estrogens) upon receipt of anabolic steroids. Anastrozole is also sold under the following names: Egistrazol, anastrozole Kabi, village. Alternative medications: Letrozole , Exemestane (Aromasin) .

The effects of anastrozole

- Reduced estrogen levels
- Increasing the level of anabolic hormones
- Prevention of gynecomastia
- Improved muscle quality (by reducing the action of the female hormone)
- prevention of hypertension
- Reducing estrogen suppression of the hypothalamic-pituitary-testicles

Dosage and course of taking anastrozole

- **For the prevention (bodybuilding)** : 0.5 mg every other day.
- **For the treatment of gynecomastia** : 1 mg each day until the disappearance of symptoms (the 0.5 mg every other day).

The best course of anastrozole using steroids:

- When using **steroids with short half-life** (testosterone propionate, methandrostenolone): after 10 days of the course pass analysis on estradiol and receive 0.5 mg anastrozole a day. Next 10 days again tested for estradiol and adjust based on their results the dosage of anastrozole.
- If you use **steroids with long esters** (enanthate, Sustanon, Cypionate): 3-4 weeks course tested for estradiol and take 0.5 mg of anastrozole in a day. Next 10 days again tested for estradiol and adjust based on their results the dosage of anastrozole.

Anastrozole dosage may also be adjusted based on subjective sensations. If there is a reception depression, erectile dysfunction, libido drop, then the dosage should be reduced with anastrozole. **Side effects of anastrozole**

Excess dosage of aromatase inhibitors and abuse leads to an excessive estrogen production and the suppression of the following effects:

- muscle growth inhibition
- Depression
- The fall of libido
- Increased cholesterol levels
- Pain in the joints
- Decreased bone strength

Side effects of the drug Anastrozole:

- tides
- Dryness of mucous membranes of the urogenital zone
- hair thinning
- Abnormal liver function
- Rash, acne
- Anorexia, nausea, vomiting, diarrhea
- Renal impairment (particularly rare cases)
- Exacerbation of peptic ulcer disease

Important! Before taking any pharmacological drugs, consult your physician.

Letrozole is a class of drug blockers (inhibitors) aromatase contributing to reduction of estrogen levels in the body and higher levels of testosterone and gonadotropin hormones.

Analogues of Letrozole:

- Letroza
- Letromara (pharmakos)
- Estrolet

Other drugs Class blockers (inhibitors) aromatase (comparable in effectiveness):

- anastrozole
- Exemestane (Aromasin)

The use of letrozole in bodybuilding

- Treatment and prevention of gynecomastia
- Increase in blood levels of anabolic hormones

- The decline in estrogen in the blood
- hypertension prevention
- Improved muscle quality (due to the suppression of estrogen action)

Dosage and course of taking letrozole

- For prophylactic action (bodybuilding): 0.5 mg (1/5 tablets) every other day.
- For the treatment of gynecomastia 2.5 mg daily until symptoms disappear, then - by 0.5 mg a day.

When informed of reception of anabolic steroids should be analyzed for estradiol about 10 days of steroids with short half-life (testosterone propionate, methandrostenolone) or 3-4 weeks of administration of long esters (enanthate, sustanon, cypionate). Next take Letrozole 0.5 mg every other day. After 10 days deliver additional analysis on estradiol and adjust dosage based on the results. You can also adjust the dose of letrozole on subjective sensations - while taking the drug if the observed drop in libido, erectile dysfunction, depression - should reduce the dosage. **Side effects Letrozole**

In itself, the presence of estrogen in the male body is not negative - on the contrary, a moderate amount of female hormones are useful - they increase the sensitivity of androgen receptors, possess anabolic and protective action. Therefore, excessive suppression of estrogen is harmful.

Thus, excessive dosage Letrozole can have the following side effects:

- Slowing muscle growth
- Pain in the joints
- Decreased bone strength
- Increased cholesterol levels
- The fall of libido
- Depression
- Deterioration of general condition

Letrozole drug for violations expressed in liver function.

Side effects Letrozole:

- tides
- Dryness of mucous membranes of the urogenital zone
- hair thinning
- Abnormal liver function
- Rash, acne
- Anorexia, nausea, vomiting, diarrhea
- Renal impairment (particularly rare cases)
- Exacerbation of peptic ulcer disease
- Bloody vaginal discharge
- Leucorrhœa
- sweating
- Dyspnea
- thrombophlebitis