

HALODROL-50 CYCLE w/PCT

Current stats: 5'8", 202lbs, ~16-18% bodyfat, 28 yrs old.

PRE-CYCLE	Date	DAY	Milk Thistle (mg)	Super Omega (tabs)	Multi					
PRE-CYCLE	6-Mar	1	1000	2	2					
	7-Mar	2	1000	2	2					
	8-Mar	3	1000	2	2					
	9-Mar	4	1000	2	2					
	10-Mar	5	1000	2	2					
	11-Mar	6	1000	2	2					
	12-Mar	7	1000	2	2					
CYCLE	Date	DAY	Halodrol-50 (mg)	Super Omega (tabs)	Multi	Milk Thistle (mg)	RYR (caps)	ProLiver	Flax Seed Oil (mg) 4x1000mg	
WEEK 1	13-Mar	8	50	2	2	1000	2	6	2000	2000
	14-Mar	9	50	2	2	1000	2	6	2000	2000
	15-Mar	10	50	2	2	1000	2	6	2000	2000
	16-Mar	11	50	2	2	1000	2	6	2000	2000
	17-Mar	12	50	2	2	1000	2	6	2000	2000
	18-Mar	13	50	2	2	1000	2	6	2000	2000
	19-Mar	14	50	2	2	1000	2	6	2000	2000
WEEK 2	20-Mar	15	50	2	2	1000	2	6	2000	2000
	21-Mar	16	50	2	2	1000	2	6	2000	2000
	22-Mar	17	50	2	2	1000	2	6	2000	2000
	23-Mar	18	50	2	2	1000	2	6	2000	2000
	24-Mar	19	50	2	2	1000	2	6	2000	2000
	25-Mar	20	50	2	2	1000	2	6	2000	2000
	26-Mar	21	50	2	2	1000	2	6	2000	2000
WEEK 3	27-Mar	15	50	2	2	1000	2	6	2000	2000
	28-Mar	16	50	2	2	1000	2	6	2000	2000
	29-Mar	17	50	2	2	1000	2	6	2000	2000
	30-Mar	18	50	2	2	1000	2	6	2000	2000
	31-Mar	19	50	2	2	1000	2	6	2000	2000
	1-Apr	20	50	2	2	1000	2	6	2000	2000
	2-Apr	21	50	2	2	1000	2	6	2000	2000
WEEK 4	3-Apr	22	75	2	2	1000	2	6	2000	2000
	4-Apr	23	75	2	2	1000	2	6	2000	2000
	5-Apr	24	75	2	2	1000	2	6	2000	2000
	6-Apr	25	75	2	2	1000	2	6	2000	2000
	7-Apr	26	75	2	2	1000	2	6	2000	2000
	8-Apr	27	75	2	2	1000	2	6	2000	2000
	9-Apr	28	75	2	2	1000	2	6	2000	2000
PCT	Date	DAY	Nolva (mg)	Rebound XT (mg)	Fenugreek (pills)	ProLiver	RYR (caps)	CEE (g)	DHEA (mg)	
WEEK 5	10-Apr	29	40	25	3	6	2	5	200	
	11-Apr	30	40	25	3	6	2	5	200	
	12-Apr	31	40	25	3	6	2	5	200	
	13-Apr	32	40	25	3	6	2	5	200	
	14-Apr	33	40	25	3	6	2	5	200	
	15-Apr	34	40	25	3	6	2	5	200	
	16-Apr	35	40	25	3	6	2	5	200	
WEEK 6	17-Apr	36	30	50	4	6	2	5	200	
	18-Apr	37	30	50	4	6	2	5	200	
	19-Apr	38	30	50	4	6	2	5	200	
	20-Apr	39	30	50	4	6	2	5	200	
	21-Apr	40	30	50	4	6	2	5	200	
	22-Apr	41	30	50	4	6	2	5	200	
	23-Apr	42	30	50	4	6	2	5	200	
WEEK 7	24-Apr	43	20	50	5	6	2	5	100	
	25-Apr	44	20	50	5	6	2	5	100	
	26-Apr	45	20	50	5	6	2	5	100	
	27-Apr	46	20	50	5	6	2	5	100	
	28-Apr	47	20	50	5	6	2	5	100	
	29-Apr	48	20	50	5	6	2	5	100	
	30-Apr	49	20	50	5	6	2	5	100	
WEEK 8	1-May	50	10	75	6	6	2	5	100	
	2-May	51	10	75	6	6	2	5	100	
	3-May	52	10	75	6	6	2	5	100	
	4-May	53	10	75	6	6	2	5	100	
	5-May	54	10	75	6	6	2	5	100	
	6-May	55	10	75	6	6	2	5	100	
	7-May	56	10	75	6	6	2	5	100	