



# FORGED POST CYCLE

Post Cycle – Everything you want to take post-cycle. This is a combination of testosterone boosters and estrogen modulators with a couple of support compounds thrown in for good measure. A great blend to make sure you keep what you've gained.

It's the lack of a proper cycle routine that gets athletes in trouble and even makes the rest of us look bad. Anyone knows can happen if you don't: you end up losing everything you worked for and are stuck with the side effects. Still it can be tempting to do this if you don't have a good post-cycle regiment. At transform supplements this is more important than anything else we make.

We started with the big testosterone boosters. For this we wanted Bulgarian Tribulus Terrestris, Longjack, and 3,4-Divanillyltetrahydrofuran. Each of these are great products to take individually, but together they're worthy of a product that doesn't even need to be thought of as merely post-cycle. The effect is both additive and synergistic.

To complement these we added the herb Fenugreek. Fenugreek is well known for its effects on libido, and contains numerous saponins that have been shown in studies to increase endogenous testosterone. But Fenugreek is also great for generalized support. High in essential minerals and vitamins such as choline, vitamin C, niacin, and potassium, Fenugreek also is used for immune function as well as maintenance of connective tissues.

Basically all these supplements work by increasing the amount of testosterone the body makes and retains. This means there is less of a chance that this testosterone will be converted into estrogen. Of course you want insurance that this won't happen. So we finished with the combination of Indole-3-Carbinole and Chrysin. Both are effective anti-aromatase agents, preventing the conversion of testosterone into estrogen.

