

PRE-CYCLE	Date	DAY	Milk Thistle (mg)	Super Omega (tabs)	Multi
PRE-CYCLE	11-Oct	1	1000	2	2
	12-Oct	2	1000	2	2
	13-Oct	3	1000	2	2
	14-Oct	4	1000	2	2

CYCLE	Date	DAY	Superdrol (mg)	Super Omega (tabs)	Multi	Milk Thistle (mg)	RYR (caps)	ProLiver	Flax Seed Oil (mg) 4x1000mg	
WEEK 1	15-Oct	8	10	2	2	1000	1	6	2000	2000
	16-Oct	9	10	2	2	1000	1	6	2000	2000
	17-Oct	10	10	2	2	1000	1	6	2000	2000
	18-Oct	11	10	2	2	1000	1	6	2000	2000
	19-Oct	12	10	2	2	1000	1	6	2000	2000
	20-Oct	13	10	2	2	1000	1	6	2000	2000
WEEK 2	21-Oct	14	10	2	2	1000	1	6	2000	2000
	22-Oct	15	20	2	2	1000	1	6	2000	2000
	23-Oct	16	20	2	2	1000	1	6	2000	2000
	24-Oct	17	20	2	2	1000	1	6	2000	2000
	25-Oct	18	20	2	2	1000	1	6	2000	2000
	26-Oct	19	20	2	2	1000	1	6	2000	2000
WEEK 3	27-Oct	20	20	2	2	1000	1	6	2000	2000
	28-Oct	21	20	2	2	1000	1	6	2000	2000
	29-Oct	22	20	2	2	1000	1	6	2000	2000
	30-Oct	23	20	2	2	1000	1	6	2000	2000
	31-Oct	24	20	2	2	1000	1	6	2000	2000
	1-Nov	25	20	2	2	1000	1	6	2000	2000
PCT	2-Nov	26	20	2	2	1000	1	6	2000	2000
	3-Nov	27	20	2	2	1000	1	6	2000	2000
	4-Nov	28	20	2	2	1000	1	6	2000	2000

PCT	Date	DAY	Nolva (mg)	Rebound XT (mg)	Fenugreek (pills)	ProLiver	RYR (caps)	CEE (g)	DHEA (mg)
WEEK 4	5-Nov	29	40	75	3	6	1	5	200
	6-Nov	30	40	75	3	6	1	5	200
	7-Nov	31	40	75	3	6	1	5	200
	8-Nov	32	40	75	3	6	1	5	200
	9-Nov	33	40	75	3	6	1	5	200
	10-Nov	34	40	75	3	6	1	5	200
WEEK 5	11-Nov	35	40	75	3	6	1	5	200
	12-Nov	36	30	50	4	6	1	5	200
	13-Nov	37	30	50	4	6	1	5	200
	14-Nov	38	30	50	4	6	1	5	200
	15-Nov	39	30	50	4	6	1	5	200
	16-Nov	40	30	50	4	6	1	5	200
WEEK 6	17-Nov	41	30	50	4	6	1	5	200
	18-Nov	42	30	50	4	6	1	5	200
	19-Nov	43	20	20	5	6	1	5	100
	20-Nov	44	20	20	5	6	1	5	100
	21-Nov	45	20	20	5	6	1	5	100
	22-Nov	46	20	20	5	6	1	5	100
	23-Nov	47	20	20	5	6	1	5	100
	24-Nov	48	20	20	5	6	1	5	100
	25-Nov	49	20	20	5	6	1	5	100