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Thread: [HunTeR's Helpdesk | Supplements and Steroids | All things bodybuilding](#)

Hu??n?TeR? - January 26, 2017, 7:50 am

HunTeR's Helpdesk | Supplements and Steroids | All things bodybuilding

Introduction

After the recent influx of questions in the Health Wise section, mainly all about the same things, I have decided to make a guide/helpdesk for people getting started with bodybuilding or indeed, for the more advanced people looking to start using steroids.

Over the next few days I'm planning on posting information on the two main topics that people seem to need help with here on HackForums that I feel I can help with.

I am going to avoid the topic of diets for now as Parker has already written a good thread (<https://hackforums.net/showthread.php?tid=5341267>) including the basics of diet etc...

Please still feel free to PM me if anyone needs any extra help however.

I will be kicking things off with the steroid section as this has been a very hot topic in the last week or so around here. I will be doing a write up of all the common bodybuilding compounds in use today. This will include the benefits, drawbacks and side effects of said compound.

Next, I will introduce the "supplement" section of my helpdesk. This will explain which supplements are worth buying and which are a complete and utter waste of money. This has been annoying me.

Compounds

Testosterone –

Testosterone as most of you will already know is the main sex hormone in the male body. Most steroids are derived from testosterone in some way. It is highly androgenic and highly anabolic and forms the baseline anabolic androgenic ratio that all other steroids are judged off. The A/A ratio of Testosterone is 100/100.

Benefits –

- Increased muscle mass
- Increased libido
- Increased bone density
- Generally higher energy levels, both in and out of the gym
- Overall feeling of wellbeing
- Lowers cholesterol (when dosages are sensible)

Drawbacks –

- Converts to oestrogen at a high rate in many males. (can lead to water retention and gynecomastia)
- Higher amounts of oil produced in the skin can
- Acne
- Prostate enlargement
- Increased body hair growth (not a drawback for everyone)

Nandrolone –

Nandrolone is one of the most popular drugs in bodybuilding for building mass. It is often referred to as “Deca” due to the commonly attached long acting decanoate ester. Nandrolone is a 19-nortestosterone compound derived directly from testosterone and packs a serious punch with an anabolic score of 125 and an mild androgenic score of 37.

Benefits –

- Massive increase in protein synthesis
- Increased IGF-1 Production
- Increased nitrogen retention
- Huge strength increases
- Not many androgenic side effects

Drawbacks -

- Can cause issues with sexual function if testosterone is not used alongside it
- Increased prolactin levels(can cause lactation if not controlled)

Boldenone(Equipoise) –

Equipoise was originally developed as a drug for veterinarian purposes to be used mainly on horses. The compound is generally considered mild and in my opinion, underrated massively. The assumption that the drug is weak may come from the lack of side effects that it causes when compared with other steroids. EQ possesses an anabolic score of 100 and an androgenic score of 50.

Benefits –

- Massive increase in appetite (individualistic effect)
- Notable strength gains
- Increased endurance
- Low rate of oestrogen conversion(low water retention)
- Quality, lean mass

Drawbacks –

- Slow acting with the undecylenate ester, must be ran for a minimum of 14 weeks to yield any noticeable results.
- Higher dosages needed than with other compounds
- Huge increase in red blood cell production means that donating blood during a cycle is essential

Trenbolone –

I'm sure most of you have heard of Tren by now. Trenbolone is another testosterone derivate belonging to the 19-nor group. It was developed for use in livestock to pack on huge amounts of a quality, lean mass. Regarded as the daddy of all anabolic steroids by many Tren holds an astounding Anabolic and Androgenic score of 500, making it, on paper, 5x stronger than testosterone.

Benefits –

- Increase in nitrogen retention
- Inhibits catabolic hormones such as cortisol to protect muscle tissue
- Massive strength increase
- No estrogenic side effects
- Notable increase in BMR(leading to increased fat loss if diet allows)
- Insane Libido(could even be considered a disadvantage in this case)

Drawbacks –

- Increase in prolactin
- Due to the androgenic nature, many people will experience very high aggression
- Fairly harsh on your liver and cholesterol
- Insomnia

Dianab0lical. - January 27, 2017, 6:11 am

Key to note with Nandrolone and Trenbolone the method behind which prolactin is increased: dopamine suppression. Which in and of itself causes a whole host of other issues, irritability, inability to sleep, fatigue, inability to focus, forgetfulness, memory loss, RIDICULOUSLY FUCKING LONG TIME TO FINISH IF YA KNOW WHAT I MEAN, an to an extent ED.

Prime example: GF was working until 10 last night, 45 minutes into beating my dick I was like FUCK IT, I don't even wanna do this anymore. Stil swinging a lead pipe, but it's ridiculously drawn out. Can't wait for my caber -_-

Hu??n?TeR? - January 27, 2017, 6:20 am

(Jan 27, 2017 07:11 AM)H4rdBeat Wrote: [\[CITE\]](#) Key to note with Nandrolone and Trenbolone the method behind which prolactin is increased: dopamine suppression. Which in and of itself causes a whole host of other issues, irritability, inability to sleep, fatigue, inability to focus, forgetfulness, memory loss, RIDICULOUSLY FUCKING LONG TIME TO FINISH IF YA KNOW WHAT I MEAN, an to an extent ED.

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Completely forgot to add in the insomnia haha, I'll do that now. I've never experienced any problems finishing though.

Dianab0lical. - January 27, 2017, 6:21 am

(Jan 27, 2017 07:20 AM)Hu??n?TeR? Wrote: [\[CITE\]](#) Completely forgot to add in the insomnia haha, I'll do that now. I've never experienced any problems finishing though.

I'm on 75mg NPP ED right now, 525mg nandrolone a week, and I legit abandoned ship on beating off. I was like fuck it, my arm hurts, this is bullshit.

Hu??n?TeR? - January 27, 2017, 6:23 am

(Jan 27, 2017 07:21 AM)H4rdBeat Wrote: [\[CITE\]](#) I'm on 75mg NPP ED right now, 525mg nandrolone a week, and I legit abandoned ship on beating off. I was like fuck it, my arm hurts, this is bullshit.

Damm, that sucks man, what you running your test at?

Dianab0lical. - January 27, 2017, 6:25 am

(Jan 27, 2017 07:23 AM)Hu??n?TeR? Wrote: [\[CITE\]](#) Damm, that sucks man, what you running your test at?

100mg prop ED (700mg/week)

Had bloods done a week or two ago, prolactin was high but not majorly, E2 right around 15 (perfect) test was around 4k

Hu??n?TeR? - January 27, 2017, 6:31 am

(Jan 27, 2017 07:25 AM)H4rdBeat Wrote: [\[CITE\]](#) 100mg prop ED (700mg/week)

Had bloods done a week or two ago, prolactin was high but not majorly, E2 right around 15

(perfect) test was around 4k

Very nice cycle, you must be making some insane gains, and strong as hell right now

Bob White - January 27, 2017, 7:21 am

Starting my next test cyp 600mg a week (300mg twice a week) on the 1st. ?

Hu??n?TeR? - January 27, 2017, 7:33 am

(Jan 27, 2017 08:21 AM)Bob White Wrote: [\[CITE\]](#) Starting my next test cyp 600mg a week (300mg twice a week) on the 1st. ?

I'm jumping back on when I come back from New York at the end of Feb. Good old Low Test, High Tren.

Priology - January 27, 2017, 8:21 am

Hi HunTeR,

Can you tell me some cheap meals I can make for bulking?

Thank you.

Hu??n?TeR? - January 27, 2017, 8:58 am

(Jan 27, 2017 09:21 AM)Priology Wrote: [\[CITE\]](#) Hi HunTeR,

Can you tell me some cheap meals I can make for bulking?

Thank you.

Sure,

Load up on rice and pasta, both are very cheap

Fatty meats are cheaper than chicken and lean cuts, so instead of buying chicken breast for example, buy legs and thighs, drain the fat off. Ground beef is also a good option.

Tinned Tuna

Peanut Butter

Oats

Milk

Unflavoured protein powder if you are struggling to meet your daily macro intake

There's the main things that I can think of if you're on a tight budget. Make them up how you want, I tend to have very bland and boring meals so I might not be the best person to recommend actual meals to make out of them.

Add some cheap sauce to your pasta or rice if you don't want to eat things as they are. It won't do you much harm if you're bulking.

aimware - January 27, 2017, 2:04 pm

Add in deca please, it's frequently asked about around here

Pow3r - January 27, 2017, 2:17 pm

I can appreciate what you are trying to do OP, I was going to create a very detailed mega thread on the subject of steroids and associated topics and have it stickied as I the same questions and dangers keep popping up time after time but I don't believe it is right to do so.

I don't think HF should get too involved in steroids advice and/or discussion, people here are too young and are either lazy and want fast results or are reckless and will fuck up their endocrine systems, I am predicting a lot of bitterness to that statement but it is true.

99% or more of HF shouldn't touch steroids and likely don't have enough lifting experience to justify it. Don't take what I am saying as knocking your efforts OP, I just think that there is a problem at the moment at HF and generally in the fitness world of people jumping to the gear before putting in any major effort.

Hu??n?TeR? - January 27, 2017, 3:01 pm

(Jan 27, 2017 03:04 PM)aimware Wrote: [\[CITE\]](#) Add in deca please, it's frequently asked about around here

Deca is Nandrolone.

Verus - January 27, 2017, 3:02 pm

Please add weigh protein pros and cons :)

Hu??n?TeR? - January 27, 2017, 3:03 pm

(Jan 27, 2017 03:17 PM)Pow3r Wrote: [\[CITE\]](#) I can appreciate what you are trying to do OP, I was going to create a very detailed mega thread on the subject of steroids and associated topics and have it stickied as I the same questions and dangers keep popping up time after time but I don't believe it is right to do so.

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I completely agree with you; however, if people are going to do it, I'd prefer them to do it the right way. I will be adding to this thread to ensure people have all of the information they need to minimise the damage.

(Jan 27, 2017 04:02 PM)Verus Wrote: [\[CITE\]](#) Please add weigh protein pros and cons :)

I will be adding a lot tommorow, and that will definitely be included.

David Laid - January 27, 2017, 3:06 pm

I will be very happy if you look on my thread about "height increase "stack" and tell me what do you think about it.

very nice thread OP!

Hu??n?TeR? - January 27, 2017, 3:19 pm

(Jan 27, 2017 04:06 PM)David Laid Wrote: [\[CITE\]](#) I will be very happy if you look on my thread about "height increase "stack" and tell me what do you think about it.

very nice thread OP!

I'll take a look for you, although unless you have a GH deficiency it probably wont work.