

## LigandRx (LGD-4033)

LigandRx is a very versatile SARM that can both be good for gaining lean muscle mass, as well as gaining raw mass. Studies indicate that healthy individuals experience vast benefits and tolerate the compound very well.

- ★ **What You Can Expect From TestRx:** It depends on what you focus upon. LigandRx is great for both cutting and bulking and your experience will vary depending on what option you choose.
- ★ **TestRx Usage:** LigandRx is recommended for intermediate and professional bodybuilders. Beginners can use it, but they should do so in very low dosages, up to 5mg a day maximum.
- ★ **TestRx Dosage and Cycle:** LigandRx is on the stronger side of SARMS, so anything up to 10mg a day is going to be well tolerated. Some athletes take 20 or 30 mg a day but that carries its risks as you could experience some side effects on such a high dosage. Your cycle on LigandRx should last no longer than eight weeks.
- ★ **Does TestRx Require PCT?:** Yes, it does since it causes mild testosterone suppression in the body. A PCT cycle lasting between four to six weeks with Nolvadex or Clomid is recommended.
- ★ **Stacking TestRx:** If you really want great results while on a cut, you will stack LigandRx with Ostarine and Cardarine. If you're bulking, stacking it with Testolone will do the trick. Lastly, if your goal is body recomposition, you're best off stacking it with Cardarine, since it will enhance the effects of the LigandRx.

