

What Is Ibutamoren NutraRx (MK 677)?

First up, as we mentioned before, this drug is not a steroid, nor is it technically a SARM.

Despite this, however, it is used by bodybuilders and fitness enthusiasts to help them get in shape.

But what the heck is it exactly?

Ibutamoren NutraRx is what is known as a selective agonist.

An agonist is basically a chemical which is able to bind onto receptors in the body.

It then reprograms the receptor, encouraging it to produce a natural physiological response.

A selective agonist is basically a chemical that only binds to certain receptors.

In this instance, the receptors it binds to in the body are largely responsible for muscle growth and repair and weight management.

It is a non-peptide agonist which works on the ghrelin receptors and those responsible for growth hormone production and secretion.

On some black markets, it is sold as a SARM, but in reality, it isn't.

It may behave like a SARM and it may be very similar to a SARM, but it most certainly isn't a SARM.

It is currently still being studied with regards to its medicinal properties, as it was designed to serve as a medication for people suffering from GH deficiencies.

Created by a company known as Reverse Pharmacology.

Initially, it was first designed to help treat people suffering from osteoporosis, along with muscle-wasting diseases and those suffering from obesity.

As you can see, its properties all tick all of the right boxes for bodybuilders and fitness enthusiasts, so you can see why it's now so popular amongst lifters.

Potentially, this compound can increase IGF-1 (Insulin-like growth factor), boost lean muscle tissue, boost the metabolism, increase energy, burn fat, and strengthen the bones.

How Does It Work?

It's easy for us to sit here and sing the praises of this drug without offering any proof of how it works, so how the heck does it work?

Too often, people make outrageous claims about drugs and supplements, talking about how they do this and do that, but if you ask them to explain how they work, they look at you with blank and vacant expressions on their face.

In bodybuilding circles, it is how this compound works on IGF-1 and Ghrelin, that have gym rats so excited.

Primarily, the key way in which this compound works is by stimulating the production of endogenous ghrelin within the body.

Ghrelin may sound like the name of a monster from Game of Thrones, but it is, in fact, an important hormone found within the human body.

Ghrelin is known as the 'hunger hormone'.

It is made by cells in the stomach known as 'ghrelinergic' cells.

It is the primary neuropeptide found within the CNS or Central Nervous System.

It really gets interesting now because of the fact that it plays a vital role in the regulation of homeostasis, which is a process responsible for the rate in which we produce and utilize energy within our cells.

This is beneficial because it actually enables us to consume more calories.

To some people that sounds like a bad thing, but to a skinny-fat ectomorph struggling to gain more than a pound of muscle mass, it could be the difference between an average physique and muscular and powerful one.

As well as that, it also has anabolic effects on the body as it mimics the effect of growth hormone.

GH, along with testosterone, is considered to be a very anabolic hormone responsible for muscle growth, repair, and recovery.

While steroids also have this effect on the body, the downside to them is that they often suppress natural hormone productions, plus they encourage an increase in cortisol.

Which is a stress hormone that promotes fat gain and muscle wastage.

But wait, there's more.

Ibutamoren also helps to promote muscle preservation by inhibiting somatostatin receptors which then reduces their activity levels and subsequently helps to promote muscle growth and recovery.

What Are The Benefits Of Ibutamoren NutraRx (MK 677)?

We've looked at what it is, and we've looked at how it works.

Now it's time for us to take a look at what the key benefits of Ibutamoren really are.

As mentioned, this is one of the most popular drugs in the world of bodybuilding and fitness, so just what is it about it that gym-junkies can't get enough of?

Key benefits include the following:

Preserves Muscle

When it comes to bodybuilding, muscle catabolism is a bodybuilder's worst nightmare.

Literally, it's something that will keep him up at night and cause him to break out into a cold sweat.

Muscle catabolism is a natural process whereby the body, thinking that it is starving, will tap into your muscle reserves and start breaking down muscle tissue and converting it into energy.

This process largely takes place at night whilst you sleep, when calories are low.

One of the main benefits associated with Ibutamoren however, is the fact that it helps to preserve muscle tissue and prevent lean muscle breakdown in a variety of ways, exactly like Ostarine and Ligandrol.

To begin with, it enables you to consume more calories, so the more energy you have, the less your body will think it needs at night whilst you sleep.

As well as that, it also helps to prevent the production of cortisol, which is a stress hormone responsible for many anti-anabolic effects in the body.

Build Muscle Mass

If you're a bodybuilder, you will likely understand what bulking is, and what cutting is.

If not, bulking is a process whereby a bodybuilder will consume more calories than usual, forcing him into a caloric surplus.

He will also train harder and heavier than usual, with the intention of bulking up and building as much muscle mass as possible.

The downside to bulking up is that some people naturally struggle to gain weight.

These are known as 'hard gainers' and for them, building mass and size is tough.

Some people think that eating a lot of food is easy, but if you imagine trying to force down yet another meal, when you're already feeling full from the last one you ate, you'll understand how difficult it really is.

This is where it pays to have a large appetite.

As we mentioned, ghrelin is the hormone responsible for hunger, and the more we produce, the hungrier we feel.

What does this have to do with the drug in question?

Well, it helps to promote ghrelin production.

The more you produce, the hungrier you will feel and the hungrier you feel, the more food you will be able to consume.

If you are looking to bulk up and pack heaps of mass onto your frame during the off-season, Ibutamoren is perfect as it helps you do precisely that.

Reduced Cortisol Production

Cortisol is a natural stress hormone produced by the body in times of stress.

While it can be beneficial in some situations, for the most part, it is a nightmare for bodybuilders.

Cortisol suppresses the metabolism so you burn off fewer calories and have less energy.

On top of that, it also slows down the production of testosterone, which is a highly anabolic hormone that is essential for muscle growth and repair.

Although exercise is incredibly beneficial and good for us, one of the downsides to exercise is the fact that the body does view it as a form of stress.

When this occurs, it produces cortisol.

Normally, endurance-based workouts promote cortisol production, which ironically, will make it harder for you to burn fat and get fit.

Such as Testolone, Ibutamoren, however, helps to suppress cortisol production, which means that you produce less and suffer fewer cortisol-related side effects.

Much Safer Than Steroids

Another huge benefit of this drug and one which is often overlooked is that it is much safer than anabolic androgenic steroids.

You see, steroids, although they're great for building muscle, can be very dangerous.

Steroids have claimed countless lives in the past, and have caused irreversible damage to many more users over the years.

Ibutamoren, however, is considered to be much safer and far-less potent than anabolic steroids.

Now, does this mean that it is completely safe?

Sadly, no.

There are still a number of side effects associated with this drug, and we'll look at them a little later on.

For the most part, however, it is much safer than steroids.

MK-677 Ibutamoren get all the Benefits of Growth Hormone Without Taking GH

Dosage And Cycle Info

Now we're going to take a look at the dosage and cycle info associated with this drug.

The drug comes in powdered form and in liquid form.

For best results, you need to take it each day.

Experts recommend that you begin with a low dosage of just 15mg – 20mg per day.

Once you know what you're doing, however, you can increase this dosage.

Many seasoned bodybuilders and fitness fanatics will consume as much as 50mg per day.

It should be cycled every 3 months.

Ideally, if you are just getting used to the drug, the magic number does tend to be 25mg per day, so that is worth considering.

Ibutamoren NutraRx (MK 677) Side Effects

Before we leave you to consider using Ibutamoren NutraRx (MK – 677) we're going to list a few potential side effects associated with the drug.

Even though it is considered to be much safer than steroids, it is still risky and should still be treated with care and respect.

Some users have experienced the following side effects when using the drug:

Headache

Water retention

Swollen extremities

Tingling and numbness of the extremities

Joint pain