

Oral Bulking Cycle						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
D-Bol	30mg/day	30mg/day	30mg/day	30mg/day	20mg/day	20mg/day
Oxymethelone					50mgs/day	50mgs/day
Kessar				20mgs/day	30mgs/day	30mgs/day
Clomid						
	Week 7	Week 8	Week 9	Week 10	Week 11	
D-Bol	20mg/day	20mg/day	20mg/day			
Oxymethelone	50mgs/day	50mgs/day				
Kessar	40mgs/day	40mgs/day	30mgs/day			
Clomid			50mgs/day		50mgs/day	
*Notes:						
Clomid should be used for 5 days followed by a 5 day break and then for another 5 days.						
Provide for at least 2 - 3 month breaks between cycles.						
Product needed:						
D-bol 10mg/tab	3 x 50 tabs					
Oxymethelone 50mg/tab	28 tabs					
Kessar 20mg/tab	3 x 30 tabs					