| **Deca/Oxandrolone Cycle** | | | | | |
|---|---|---|---|---|---|
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| | **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** |
| **Deca 300** | 300mgs/week | 300mgs/week | 300mgs/week | 300mgs/week | 300mgs/week |
| **Oxandrolone** | 20mgs/day | 20mgs/day | 20mgs/day | 20mgs/day | 20mgs/day |
| | | | | | |
| | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 |
| **Deca 300** | 300mgs/week | 300mgs/week | 300mgs/week | 300mgs/week | 300mgs/week |
| **Oxandrolone** | 20mgs/day | 20mgs/day | 20mgs/day | 20mgs/day | 20mgs/day |
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| ***Notes:** | | | | | |
| Oxandralone should be taken after meals as it has a tendency to cause gastrointestinal stress. | | | | | |
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| **Product needed:** | | | | | |
| Deca 300 | 1 x 10ml | | | | |
| Oxandrolone 10mg/tab | 3 x 50 tabs | | | | |
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