

Growth Hormone Growth Cycle						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Nomatropin*	4IUs/day	4IUs/day	4IUs/day	4IUs/day	4IUs/day	4IUs/day
Sustanon**	250mgs/week	250mgs/week	250mgs/week	250mgs/week	250mgs/week	250mgs/week
	Week 7	Week 8	Week 9	Week 10	Week 11	
Nomatropin	4IUs/day	4IUs/day				
Sustanon	250mgs/week	250mgs/week				
Clomid***			50mgs/day		50mgs/day	
*Notes:						
* HGH should be taken in divided/split dosages of 2 IU's twice daily (4IU's per day), one day on and then one day off.						
** Sustanon works especially well in these dosages with a view to repeating the cycle a few times in a year yielding similar results on the same dosages each time.						
*** Clomid should be used for 5 days followed by a 5 day break and then for another 5 days.						
Product needed:						
Nomatropin	1 x 100Ius					
Sustanon	1 x 10ml					
Clomid 50mg/tab	10 tabs					