### Oral Bulking Cycle

<table>
<thead>
<tr>
<th></th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
<th>Week 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>D-Bol</td>
<td>30mg/day</td>
<td>30mg/day</td>
<td>30mg/day</td>
<td>30mg/day</td>
<td>20mg/day</td>
<td>20mg/day</td>
</tr>
<tr>
<td>Oxymetholone</td>
<td>50mgs/day</td>
<td>50mgs/day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Kessar</strong></td>
<td></td>
<td></td>
<td>20mgs/day</td>
<td>30mgs/day</td>
<td>30mgs/day</td>
<td></td>
</tr>
<tr>
<td><strong>Clomid</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Week 7</th>
<th>Week 8</th>
<th>Week 9</th>
<th>Week 10</th>
<th>Week 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>D-Bol</td>
<td>20mg/day</td>
<td>20mg/day</td>
<td>20mg/day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oxymetholone</td>
<td>50mgs/day</td>
<td>50mgs/day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Kessar</strong></td>
<td>40mgs/day</td>
<td>40mgs/day</td>
<td>30mgs/day</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Clomid</strong></td>
<td></td>
<td></td>
<td>50mgs/day</td>
<td>50mgs/day</td>
<td></td>
</tr>
</tbody>
</table>

*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
- Oxymetholone 50mg/tab 28 tabs
- Kessar 20mg/tab 3 x 30 tabs