

Female Trade-Off Cycle

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Oxandrolone	5mg/day	5mg/day	5mg/day	5mg/day	5mg/day	5mg/day
Primabolin	12,5mg/day	12,5mg/day	12,5mg/day	12,5mg/day	12,5mg/day	12,5mg/day
Clenbuterol	120mcg/day*	120mcg/day*	120mcg/day*	120mcg/day*	120mcg/day*	120mcg/day*
Zaditen	1 tab/day**	1 tab/day**	1 tab/day**	1 tab/day**	1 tab/day**	1 tab/day**

Notes:

Oxandrolone and Primabolin tabs are split in half and then in quarters if possible to split the daily dose in morning and night.

* Clenbuterol is taken in divided doses throughout the day. Start with one and work up to three tabs per day.

** Zaditen taken at night before bed as it makes you drowsy

Needed:

Oxandrolone	1 Packet
Primabolin	1 Packet
Clenbuterol	1 Packet
Zaditen	2 Packets