What is PCT?

A primary concern of steroid use is its potential to suppress natural testosterone production. In response, some users consume pharmaceutical substances (e.g.: Nolvadex and Clomid) and/or engage in other behavior after stopping their use (‘post cycle’) to reduce the risk of negative health outcomes.

Why is it used?

- To prevent/avoid acute mental health consequences of coming off a steroids cycle (e.g.: depression, fatigue and anxiety)
- To reverse or mitigate the side effects of steroid use, (e.g: testicular shrinkage)
- To maintain gains (e.g., size and strength) and health (e.g., fertility and sex drive)
- To restore natural hormonal functioning

What problems do users face?

Where users lack access to PCT they may enter long-term cycles of continuous steroid use rather than stopping use.