

Nandrolone Phenylpropionate (NPP) Cycle, Side Effects and Reviews - Reviews & Results of Steroid Cycle

History

The history of injectable steroid called nandrolone phenylpropionate goes back more than fifty years. In the 1960s, a major pharmaceutical manufacturer Organon launched the production of phenylpropionate for the treatment of muscular dystrophy, growth retardation, post-operative recovery and prevention of breast cancer. In medicine, the drug is still in use, and became widespread among athletes.

Chemical structure

Nandrolone phenylpropionate, also known as Durabolin, has an active ingredient - nandrolone. Nandrolone phenylpropionate has a lower half-life (2-4 days) than nandrolone decanoate or "Deca" (7-10 days). That is why nandrolone phenylpropionate acts shorter than the "Deca".

According to experienced athletes, this drug causes significantly less water retention, and for this reason it is more compatible with "androgens" than nandrolone decanoate. The ether chain of phenylpropionate is approximately shorter than the decanoate by two times, whereby the active ingredient is rapidly absorbed into the bloodstream and has a minimal exposure time on the organism. That's why the phenylpropionate has its own advantages:

1. The shorter period of effect significantly reduces the incidence of side effects of nandrolone;
2. The recovery time of endogenous testosterone decreases after the course;
3. In the event of side effects and poor tolerability, the course can be stopped and all the undesirable reactions will disappear quickly.

The only downside of phenylpropionate [NPP 150](#) is the need for frequent injections, but it cannot be called significant.

Characteristics

- Anabolic activity - 150% of testosterone
- Androgenic activity - 30% of testosterone
- Toxicity to the liver - the low
- Type - injections
- The half-life period - 2-4 days
- Detection time - 16-18 months

Effects

- Moderate but steady growth of muscle mass. Nandrolone provides a qualitative growth. The phenomenon of rollback is either absent upon finishing taking the drug or is completely insignificant.
- The burning of a fat layer. Phenylpropionate Nandrolone stimulates the body to use fat reserves as an energy source.
- The synthesis of collagen. Because of increased production of collagen a drug strengthens ligaments and joints (formed joint fluid).
- Enhancing of the immune system.
- Anti-inflammatory effect.

Phenylpropionate of nandrolone is its structural modification. The new compound is formed by adding the phenylpropionate into nandrolone through the 17-beta hydroxyl group. Getting into the blood, the ether detaches and nandrolone remains free. Nandrolone Phenylpropionate is designed so that the peak saturation of the organism by active ingredient takes place through one or two days after the injection.

Testosterone phenylpropionate has an effect on the muscles by increasing the level of nitrogen retention in muscle. Testosterone also increases the level of insulin-like growth factor, IGF- in muscle and liver. Testosterone, regardless of the ether also has ability to accelerate the division of satellite cells, which play an important role in the recovery of damaged muscle.

Side effects

The most frequent side effects of nandrolone phenylpropionate - gynecomastia, increase of body fats and excess fluid retention. With prolonged use of Nandrolone Phenylpropionate and large dosages, it is recommended to include anti-estrogens (e.g. Tamoxifen or Clomiphene) in course: this will minimize risk of occurrence of side effects. As for the androgenic side effects, they are quite rare (androgenic steroid activity is only 30% of the testosterone). Because of the significant excess of dosage baldness may develop or vice versa, the increase of hair growth on the face and body. Also, the appearance of acne and work of sebaceous glands increases.

Dosages and Uses

Dosages: weekly dose is generally from 300 to 750 mg. Dosage is calculated as 4 mg per 1 kg (2 lbs) of the body.

Frequency of dosages: a drug requires frequent injections, an average 2-3 times a week, usually every 3-4 days.

There are plenty of debates about how to take [Nandrolone phenylpropionate](#). Basically they relate to the frequency of injections. For men, the recommended dosage ranges from 100 to 200 milligrams, alternating day dosing.

Nandrolone phenylpropionate course lasts from 6 to 8 weeks (it is enough even for advanced athletes to build muscle). It is not recommended to extend the course - side effects may occur. Don't forget that phenylpropionate is injected more frequently than decanoate. Nandrolone F in sparing quantities may be applied even by women. The maximum recommended one-time dose of injection of Nandrolone F is 100 milligrams with a rest

period of three days. Phenylpropionate is better than decanoate by the fact that due to the short period of its withdrawal from the body, it is possible to trace the first signs of virilization and stop taking it.

Cycles (Courses)

The best course of nandrolone phenylpropionate for men lasts about 1-2 months with doses of 100-600 mg per week and for women of 50-100 mg per week. The answer to the question of how to inject nandrolone phenylpropionate: a day or two - for men, and every three days - for women. Frequent injections are not required because phenylpropionate remains active in the body for a long time. Individual dosages ideally are chosen for each athlete individually, depending on the physical condition and the desired results.

The course of nandrolone phenylpropionate gives the best effects in combination with methandrostenolone, Winstrol, testosterone propionate, Masteron and Turinabol. It generates a synergistic effect, and dosage of phenylpropionate is reduced.

Some people combine this medication with Winstrol and Turinabol, providing the most effective course. In this case, the dosage is reduced to an average of 300 mg per week. It is important to make an individual course of [Nandrorapid](#); it is desirable that this was done with the help of an experienced athlete who has well studied the action and side effects of the drug.

It is interesting that this drug is used as a start before a career on the competitive level. The drug is usually not used by amateurs.