

HOW TO TAKE & DOSE SARMS

Here is most effective way to consume Secret Supps products so you can get the best results!



HOW TO DOSE SARMS

All products are in a 30ml bottle with a 1ml dropper for dosing. The concentration of the SARM is on the front of the bottle. As it's difficult to get a full squirt we suggest 2 half squirts. Alternatively use a 1ml syringe barrel (no needle) for more accurate dosage.

Our products are dosed at the most effective concentrations



HOW TO TAKE SARMS

All our products are consumed orally using the dropper provided and feature great fruit flavours. There is lots of debate on the best way to take SARMS, we suggest the following method.

Squirt the liquid SARMS into your mouth on the back of your tongue and wash it down with some water, juice or protein shake. Taking it with no chaser will result in a very intense sensation. Our products are dosed at the most effective concentrations.

Please shake the bottle vigorously before use.



WHAT IS THE RIGHT DOSE

Dosages can vary depending on your goal and product. However for most products 1ml everyday for 8-12 weeks is suitable. This can vary with stacks and other combinations so if you are unsure please contact us via the website.

1ml at the same time everyday for general dose. Best taken in the morning upon waking.

