



Is anavar hard on the kidneys?

What is the side effects of Anavar?

Nausea, vomiting, headache, skin color changes, increased/decreased sexual interest, oily skin, hair loss, and acne may occur. If any of these effects persist or worsen, tell your doctor or pharmacist promptly.

What are the benefits of Anavar?

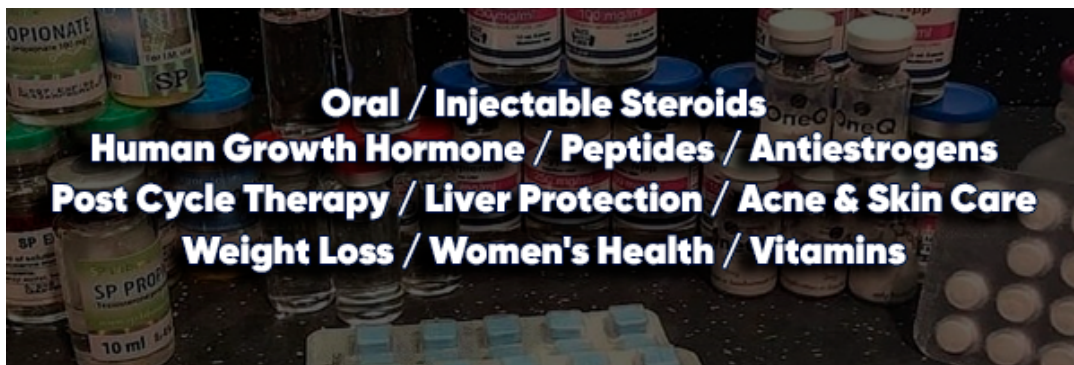
Anavar enriches the muscles with nitrogen, improving protein synthesis, and enhancing muscle recovery. With an Anavar cycle of six to eight weeks, you should notice that you are gaining harder, leaner muscle. Such results should come with a daily dose of 60 mg to 80 mg.

How long can you stay on anavar?

Anavar cycles of **6-8 weeks** are usually safe.

What happens when you stop taking anavar?

Do not increase your dose or use this drug more often or for longer than prescribed. When an anabolic steroid is misused or abused, you may have **withdrawal symptoms (such as depression, irritability, tiredness)** when you suddenly stop using the drug. These symptoms may last from weeks to months.



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What time of day should you take Anavar?

Swallow your tablet **in the morning**, eat well and train like a beast. If you are taking over 10mg per day, I recommend splitting your dosage, as Anavar has a half-life of 8-12 hours.

What's the half-life of Anavar?

Oxandrolone

Clinical data

Metabolism Kidneys (primarily), liver

Elimination half-life **Adults: 9.4–10.4 hours Elderly: 13.3 hours**

Excretion Urine: 28% (unchanged) Feces: 3%

Identifiers

Should you take Anavar once or twice a day?

Anavar is to be taken **twice a day** with the above-recommended dosage broken up into two instances: in the morning and the evening along with food.

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