

Laxogenin - officially defined as 5 alpha-hydroxy laxogenin - is a compound that is extracted from the Simalez Sieboldii plant. 1 The substance has recently gained traction in the weightlifting and bodybuilding communities because it's highly anabolic.



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### **Laxogenin Review (UPDATED 2022): 5 Things You Need To Know**



With regard to athletes, the inclusion of substances or methods in the prohibited list of the World Anti-Doping Agency is based on medical or scientific evidence. 5 $\alpha$ -hydroxy-laxogenin is a synthetic spirostane-type steroid, which is contained in dietary supplements and advertised as anabolic agent.

## Laxogenin Explained: The 3 Major Benefits + Results Revealed - Nectac



What nearly every single one does contain is an artificially constructed clone known as 5-Alpha-Hydroxy- Laxogenin (5AHL). So what you're actually buying is a synthetic derivative. Seriously, structurally, 5 Alpha is different to Laxogenin. Now here's the really surprising thing. Way back in the 80s "Hot Stuff" quickly went out of .

## Laxogenin Dosage | The A-Z Guide - Testosterone



Dr. Mike Jansen Last Updated September 28, 2022 Laxogenin Curious about the best laxogenin dosage? Do you wonder how much laxogenin you should take each day for optimal results? Then you've come to the right place.

## Analysis of Ingredients of Supplements in the National Institutes of .

Table. Label Information and Actual Contents of Dietary Supplements Categorized as Containing 5-Alpha-Hydroxy-Laxogenin

Product code	Declared ingredient and quantity, mg	Detected ingredients, mean (SD), mg			Declared ingredient not detected <sup>a</sup>	Detected ingredient not declared on the label and quantity, mean (SD), mg
		Quantity on label <sup>a</sup>	Accurate	Inaccurate		
A	5-alpha-hydroxy-laxogenin, 50	NA	NA	NA	5-alpha-hydroxy-laxogenin	NA
	GABA, NP	NA	NA	GABA, 177.7 (0.2)	NA	NA
	Folic acid, 0.2	NA	NA	NA	Folic acid	NA
	Melatonin, 3.0	Melatonin, 3.3 (3.1)	NA	NA	NA	NA
	Phenibut, NP	NA	NA	Phenibut, 72.1 (0.1)	NA	NA
	Vitamin B <sub>6</sub> , 6	NA	Pyridoxine, vitamin B <sub>6</sub> , <0.5 <sup>b</sup>	NA	NA	NA
	Vitamin B <sub>12</sub> , 0.010	NA	NA	NA	Vitamin B <sub>12</sub>	NA
	Vitamin D, 0.013	NA	NA	NA	Vitamin D	NA
B	5-alpha-hydroxy-laxogenin, 50	NA	NA	NA	5-alpha-hydroxy-laxogenin	NA
	NA	NA	NA	NA	NA	Diosgenin, 118 (2.8) <sup>c</sup>
C	N-acetylcysteine, 250	N-acetyl cysteine, 235.7 (4.7)	NA	NA	NA	NA
	Androst-3,5-diene-7,17-dione, 75	Androst-3,5-diene-7,17-dione, 71.8 (4.3)	NA	NA	NA	NA
	5-alpha-hydroxy-Laxogenin, 50	NA	NA	NA	5-alpha-hydroxy-laxogenin	NA
	NA	NA	NA	NA	NA	Diosgenin, 81.1 (5.6) <sup>c</sup>
D	5-alpha-hydroxy-laxogenin, 105	NA	5-alpha-hydroxy-laxogenin, 50.5 (1.0)	NA	NA	NA
	β-ecdysterone, 105	NA	β-ecdysterone, 58.7 (8.8)	NA	NA	NA
	Bioferine, 30 <sup>d</sup>	NA	Piperine, 0.4 (8.3)	NA	NA	NA
	7-keto DHEA, 60	7-keto DHEA, 58.1 (3.4)	NA	NA	NA	NA

Abbreviations: DHEA, dehydroepiandrosterone; GABA, γ-aminobutyric acid; NA, not applicable; NP, none provided.

<sup>a</sup> Accurate indicates that the amount of the ingredient detected was within 20% of the amount listed on the label. If the difference between the amount on the label and the amount detected exceeded 20%, the ingredient was classified inaccurate. The quantities of labeled and nonlabeled ingredients are expressed in mg per maximum daily serving size recommended on the label. Maximum daily serving size was calculated by multiplying the quantity of an ingredient found in an individual serving size by the maximum servings per day recommended on the label.

<sup>b</sup> The limit of detection of 5-alpha-hydroxy-laxogenin was less than 0.02 mg of this molecule per capsule of 500 mg powder (ie, less than what is present in 1 capsule of all samples). The limit of detection of folic acid, vitamin B<sub>6</sub>, and vitamin D (ie,

ergocalciferol and cholecalciferol) was lower than 0.005 mg of this molecule per capsule.

<sup>c</sup> Owing to the small detectable amount of pyridoxine in the sample, SD could not be calculated.

<sup>d</sup> The label of the product listed a plant that may contain small amounts of diosgenin as a constituent (ie, sample B was labeled as containing an extract of *Smilax sieboldii* while sample C was labeled as containing extracts from both saw palmetto and *Tribulus terrestris*).

<sup>e</sup> Bioferine is a patented extract obtained from black pepper fruits containing at least 95% piperine.

\$34. 95 The simply named "Laxogenin 100" from Hi-Tech Pharmaceuticals offers a budget-friendly entry point to laxogenin supplements. Serving size: 100 mg Active Ingredient: Laxogenin Servings: 60 Shop Best Price Nutrition Halo - Redcon1 \$48. 95 Servings: 60 Active Ingredient: Laxogenin Amount per serving: 100 mg Shop Best Price Nutrition

## Laxogenin: A Comprehensive Guide On This Potent Plant Anabolic



To date, evidence is missing on anabolic or androgenic activity of  $5\alpha$ -hydroxy-laxogenin. We investigated its androgenic potential in two in vitro bioassays. While no activity was observed in the yeast androgen screen,  $5\alpha$ -hydroxy-laxogenin was able to trans-activate the androgen receptor in human prostate cells in a dose-dependent manner.

## Laxogenin Review (2022): Benefits, Side Effects, Dose, & More



Health & Fitness Sponsored Story Laxogenin: A Comprehensive Guide On This Potent Plant Anabolic  
Laxogenin is an impressive and unique compound proven to be highly effective for building muscle,.

## Laxogenin Review: 4 Uses + Dosage, Side Effects



Laxogenin and 5-alpha-hydroxy laxogenin are taken by mouth to build muscle and increase strength. How does it work ? Laxogenin is a natural chemical found in plants. It helps the plant.

## Illegal Ingredient, 5-Alpha-Hydroxy-Laxogenin, Appearing in More .



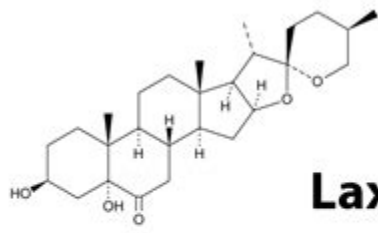
Formally known as 5a-Hydroxy Laxogenin, this substance was officially brought to the public in 1992; however, Japanese scientists were researching it in 1963. The most fascinating thing about this substance is that it is plant based.

## Laxogenin Reviewed: Does This "Plant Steroid" Deliver Massive Gains?




Laxogenin, otherwise known by its research name, 5 alpha hydroxy laxogenin, is one of the hottest supplements on the market right now. A natural extract from a seemingly innocuous plant, this powerful compound has the power to put your muscle growth into overdrive.

### A Complete Guide To Laxogenin : Benefits & Side Effects Of 5a-Hydroxy



5-alpha-hydroxy laxogenin



**Laxogenin**

Lean muscle mass gain  
Promote recovery



It is different from 5-alpha-hydroxy-laxogenin, which is the derivative of laxogenin. When users search for it, they are simply looking for the muscle supplement compound "5-alpha-hydroxy-laxogenin". It has multiple synonyms, they are: Spirostan-6-one Biobras-16 Brassinosteroid BB-16 Brassinosteroid DI-31 The molecular formula is: C<sub>27</sub>H<sub>42</sub>O<sub>5</sub>

## 5 $\alpha$ -Hydroxylaxogenin - Wikipedia



Credit to the U. S. Food and Drug Administration as the source is appreciated but not required. 5alpha-Hydroxy laxogenin | C<sub>27</sub>H<sub>42</sub>O<sub>5</sub> | CID 69906537 - structure, chemical names, physical and chemical properties, classification, patents, literature, biological activities, safety/hazards/toxicity information, supplier lists, and more.

## 5 Alpha Hydroxy Laxogenin {Benefits & Side Effects Review}



Laxogenin is an anabolic substance derived from plants, in particular, the plant *Smilax Sieboldii*, its scientific name is 5-Alpha Hydroxy Laxogenin. It is a naturally occurring steroidal sapogenin that works as a starting point for semisynthesis of your own steroid hormones.

## Androgenic properties of the dietary supplement 5 $\alpha$ -hydroxy-laxogenin



Benefits Results Reviews Laxogenin FAQ What is Laxogenin? Also known as 5 alpha hydroxy Laxogenin or 5a hydroxy Laxogenin, Laxogenin is a plant compound and the best known member of a group of compounds collectively referred to as brassinosteroids, which also includes mustard to name just one.

## What's The Difference Between Laxogenin and 5a hydroxy laxogenin .



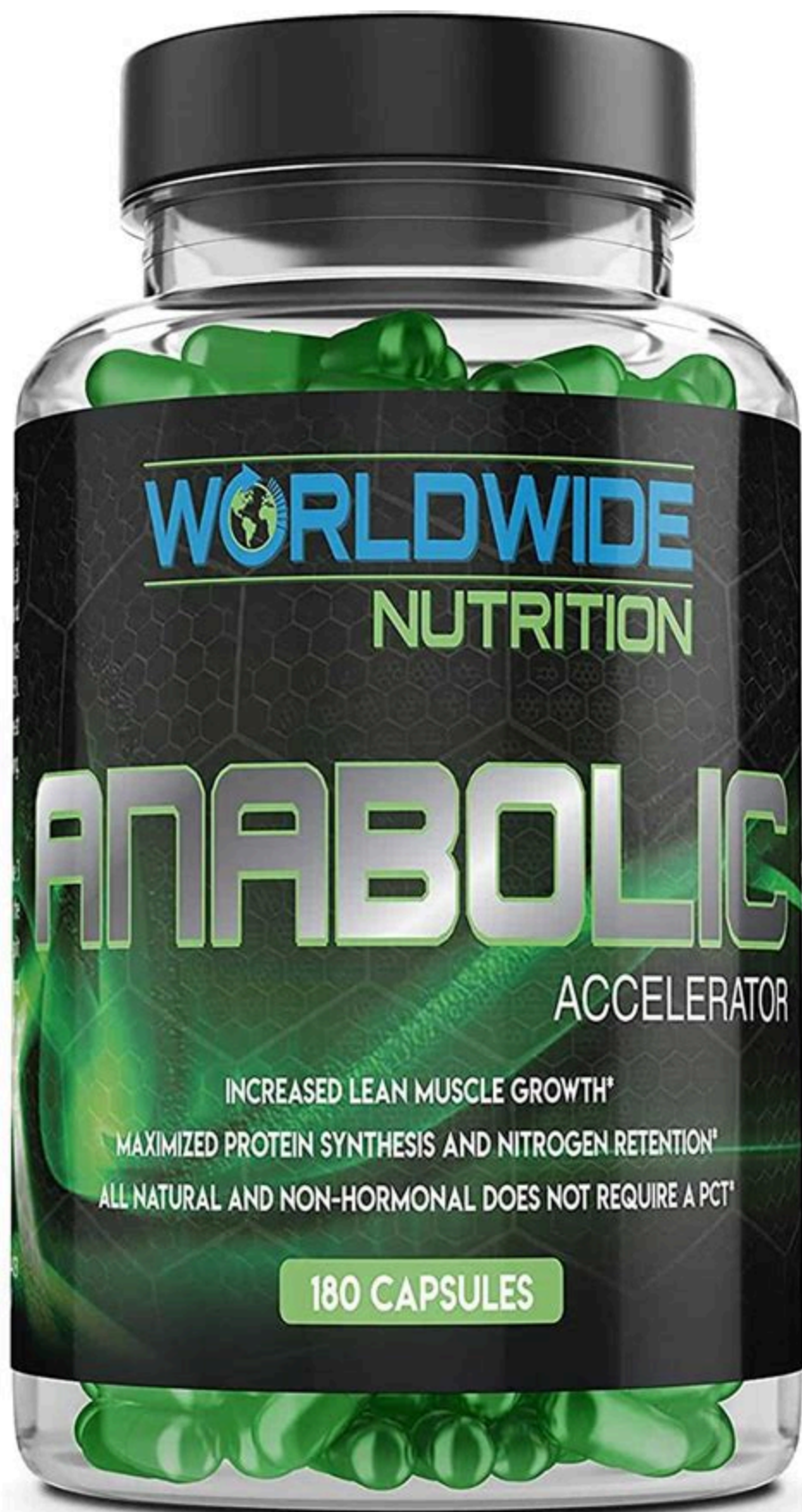
Supposedly there is some random supplement expert from the Netherlands that is testing laxogenin and 5-alpha-hydroxy-laxogenin (5AHL) . He claims that these extracts were not available back in the 1980s when bodybuilders were using smilax as a supplement.

## Laxogenin | Bodybuilding supplement & Side Effects | Nanotech



These plant steroids, such as 5 alpha-hydroxy laxogenin, work differently than other hormones. They activate a specific type of protein in the body, which then makes sure your body doesn't break down muscle proteins. With more muscle proteins, your body will be able to increase its performance significantly.

## **The 11 Best Laxogenin Supplements for 2023 - Lift Vault**



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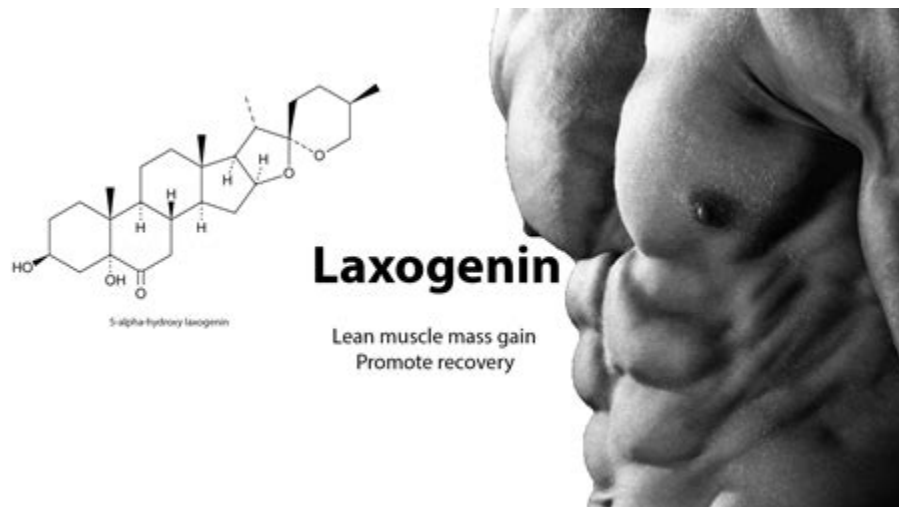
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5-Alpha-Hydroxy-Laxogenin is often marketed in dietary supplements as a plant-based anabolic agent. However, this is false advertising. While it is related to the plant steroid laxogenin, there are no reports of the 5-Alpha-Hydroxy-Laxogenin derivative being detected in or isolated from any natural source.

## Laxogenin: Overview, BodyBuilding, Dosage, Benefits and Side Effects



Laxogenin (3beta-hydroxy-25D,5alpha-spirostan-6-one) is a compound sold in various forms as a muscle-toning supplement. It belongs to a class of plant hormones called brassinosteroids, which have a similar structure to animal steroid hormones. In plants, they work to boost growth [ 1, 2 ].



## Androgenic properties of the dietary supplement 5 $\alpha$ -hydroxy-laxogenin



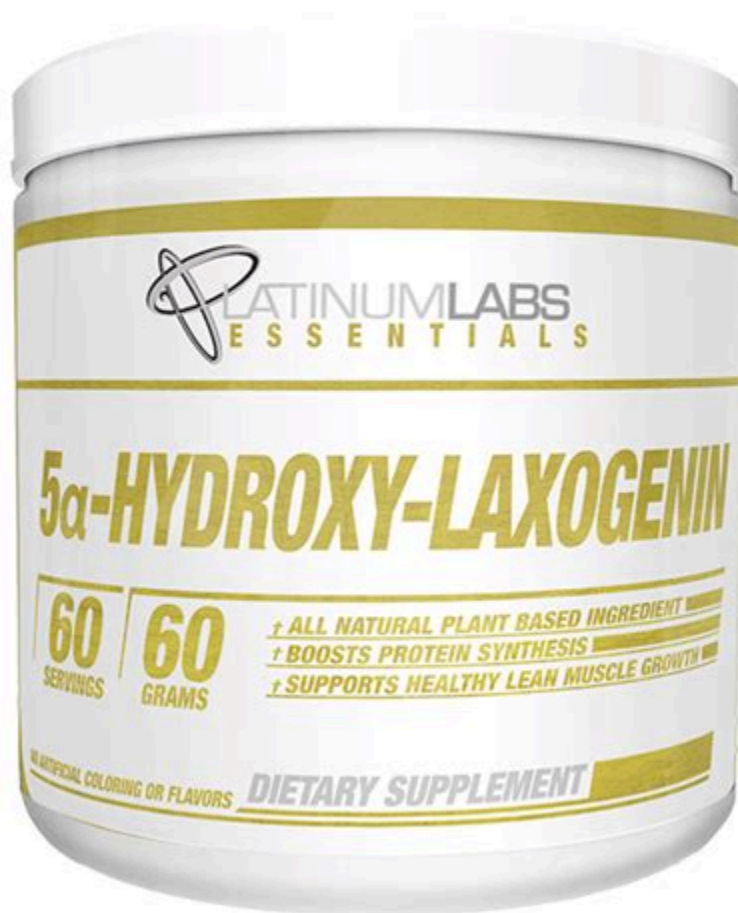
Laxogenin is short for 5-Alpha-Hydroxy-Laxogenin. It's a naturally occurring steroidal sapogenin taken from *Smilax Sieboldii*, a plant related to asparagus, and is similar in structure to ecdysterone, another widely supplemented plant-derived anabolic compound.

## LAXOGENIN - Uses, Side Effects, and More - WebMD



5a-Hydroxy Laxogenin was first extracted in 1996. Since then, the compound has had phenomenal effects on strength and lean muscle mass. Various athletes report an increased strength 3-5 days after Laxogenin supplementation. Others claim to have enhanced lean muscle mass after nearly 3-4 weeks. It is also asserted to have comparable attributes .

## Laxogenin - Guide to the Supplement Ingredient 5 Alpha Hydroxy



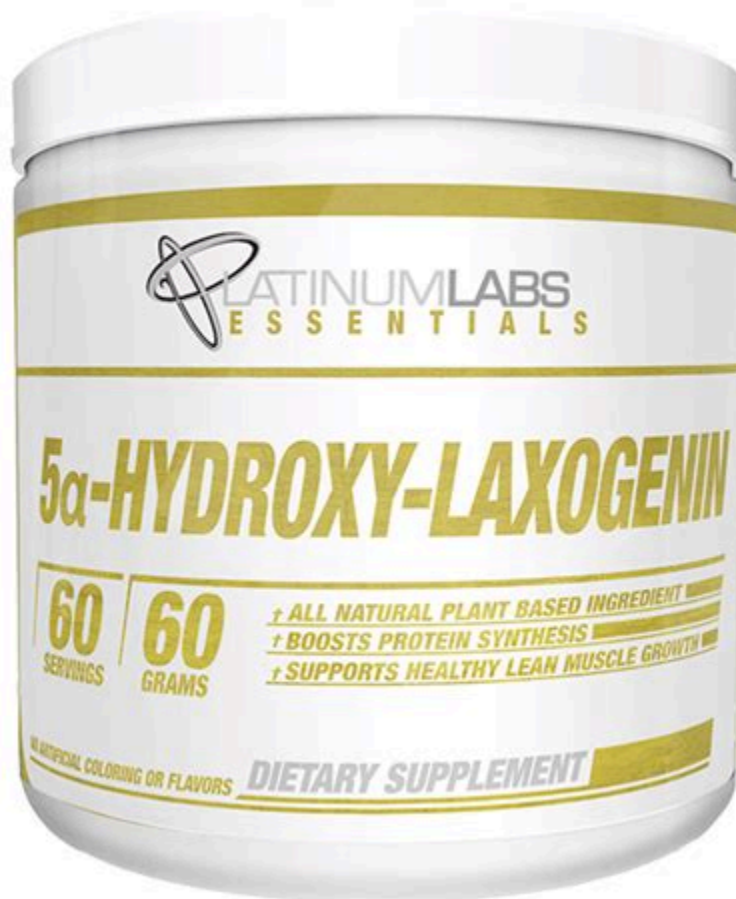
5α-Hydroxylaxogenin. 5α-Hydroxylaxogenin is a chemical compound which is a semi-synthetic derivative of laxogenin, found in the Chinese medicinal plant *Smilax sieboldii*. [1] It acts as a partial agonist at androgen receptors and has been sold as a bodybuilding supplement and pre-workout product. [2] [3]

## Laxogenin - Benefits, Dosage, Side Effects - Muscle and Brawn



Laxogenin was first identified in the 1960s as a member of a group of plant-based steroids known as brassinosteroids. 5-alpha-hydroxy-laxogenin is sometimes marketed as a "scientific name" or "derivative" of laxogenin, but no reports have demonstrated its natural occurrence.

## LAXOGENIN AND 5-ALPHA-HYDROXY-LAXOGENIN IN DIETARY SUPPLEMENTS - opss



In October 2019, the US Food and Drug Administration (FDA) placed 5-alpha-hydroxy-laxogenin, a synthetic analog of a plant steroid that is marketed as a natural alternative to anabolic steroids, 3 on the Dietary Supplement Ingredient Advisory List to alert the public that it does not appear to be a lawful supplement ingredient. 4 We analyzed the.

- <https://www.docdroid.com/RoFzUDL/cykl-testosteron-metanabol-efekty-pdf>
- <https://publiclab.org/notes/print/43757>
- <https://publiclab.org/notes/print/45199>