

7-OH (7-alpha-hydroxy-dehydroepiandrosterone), the active ingredient in Lean Xtreme, is a supplement which will help you *keep* the muscle gains and the fatloss that you earn through the proper and disciplined combination of weight training, nutrition, rest, and cardiovascular exercise. Without the use of 7-OH your progress will be measurably slower than it needs to be.

DESIGNER SUPPLEMENTS IN THE POST-BAN ERA

Designer Supplements' history is one of developing innovative and effective products, and of educating our customers rather than trying to charm them with advertising hype. In the glory days of the recent past, our efforts were focused on bringing you high quality legal anabolics – this was simply the most effective way to realize the positive bodily transformation desired from a supplement, and at a price with which nothing else could begin to compete. Those efforts culminated with the release of Superdrol. And now that the feedback has been flooding in from many of the lucky few thousand customers who were able to get some before it sold out, we can confidently say that the product was an unmitigated success, exceeding even our best expectations, let alone the more cautious claims we had made of what could be expected from it. The predictable silence of its formerly vocal detractors is certainly sweet, but we make this point not to gloat or to rest on our laurels, only to remind you that Designer Supplements is a different sort of company, one which does not make bold promises for its products unless it intends for them to live up to the expectations we responsibly foster.

The days of legal steroids are gone now, but we knew this change was coming, and many months ago our research shifted to our Post-Ban Era (PBE) product line. The fruit of these labors is the development of a well-conceived range of products designed to work together to bring about the most significant physical transformation possible through legal supplementation. In addition to 7-OH or Lean Xtreme, which is the subject of this write-up, we have Glucophage XR (GXR), a legal and oral supplement designed to safely bring some of the benefits of the rather extreme and dangerous practice of insulin use by professional bodybuilders. The K-R-ALA shuttles nutrients out of the bloodstream, while the additives facilitate targeted transportation into muscle rather than indifferently into muscle or fat tissue. While the body is primed for this naturally after vigorous exercise, the effect is magnified with the use of GXR before your post-workout meal, and if also used before high-carb meals, this effect can be enjoyed to a considerable extent without having to break out the sweatpants before you touch a fork. Rebound XT (RXT) is our alternative to legally questionable “research chemicals,” and to overpriced or ineffective post-cycle recovery aids to restore natural testosterone production as quickly as possible. Melting Point is our forthcoming legal, safe, and non-stimulant fat burner, one which shares just enough of the mechanism of what is known to be the most powerful, dangerous, and (for that reason) illegal fat burner. This is for starters. At Designer Supplements, we have many more aces up our sleeves, and you will be seeing them in the months ahead.

At some point you can expect to see a detailed guide which brings together the proper use of the full range of our supplements, but for now let us return to the product at hand: 7-OH.

THE PLACE OF 7-OH IN THE OVERALL STRATEGY TO ACHIEVE OPTIMAL BODY COMPOSITION.

7-OH fits into our supplement arsenal by addressing the problem that your body has a natural mechanism which robs from the anabolic and fatloss paycheck that you painstakingly earn – in the gym, on the road, and through the sacrifices and self-discipline you maintain in the kitchen and out on the town. All of these are less than they could be, and your progress comes slower than it could be coming. This is because as far as training goes, you can only achieve results by doing hard work: without this there is no hope for body recomposition. But your body taxes you for putting it through this. After all, your body is just an organic system, it simply responds as it is set up to respond, and you cannot reason with it. This is where supplements come in to the picture. 7-OH supplementation works as a manual override to your body's otherwise automatic response to the stress of serious exercise.

CORTISOL – “SAY HI TO THE BAD GUY.”

The body's natural response to stress is to secrete cortisol, in amounts that for our purposes are excessive and detrimental. Cortisol is necessary for many things in the body: priming the immune response to infection, keeping us from being feeling every little pain in our bodies, triggering the movement of nutrients into the bloodstream, and more. Cortisol is necessary for life, but we do not need nearly as much as might have helped people in the past who knew little about nutrition and exercise physiology. As the beneficiaries of a great many advancements in our understanding, we now know better than our organism's automatic response, and so we need to think of excess cortisol as our bad guy. We deliberately stress our bodies through training. The body cannot know or care why we are doing this, and its production of cortisol as a defensive response foils our progress. This is why there are great advantages to limiting cortisol through 7-OH supplementation. High levels of cortisol which are produced as a result of stress, from training or otherwise, have some highly undesirable effects from the viewpoint of anyone interested in getting the most back from their training efforts.

Firstly, while high levels of cortisol increase the metabolism of fats and carbohydrates (that would be fine), by causing the release of certain enzymes from the liver cortisol accelerates the *breakdown of muscle* for use as a fuel source. The spike in cortisol caused by acute physical or mental stress is catabolic, or muscle-wasting. Because of this, many bodybuilders stay *far* away from cardio. The only time some people will run is in a state of abject terror, away from the prospect of having to stand on some contraption they are convinced is designed with the sole purpose of making people shrink. The high cortisol levels from intense weight-lifting is also catabolic, but because the net effect is so obviously anabolic, this is never considered to be a problem. But it *should* be considered to be a problem. For by leaving your cortisol levels unchecked, your anabolic paycheck is being robbed by a hidden catabolic tax *every time* you train.

Secondly, high levels of cortisol contribute to fat accumulation, that would be bad enough, but it has been shown that a disproportionate amount is directed to the abdomen. This could well have been advantageous when we were looking for ferocious beasts to tag-team with sharpened rocks, but most of us today have stocked refrigerators at home. Most of us have a tough time because we have way too much food available. Cortisol leads to elevated blood sugar levels, and while this glucose is taken up partly into the muscles (nothing wrong with that), a 'fair' amount ends up deposited as fat, and an unfair amount of that is deposited as abdominal fat. By stressing your body without controlling cortisol, it is much more difficult than necessary to reduce this problem area of all problem areas.

Further detrimental effects of elevated cortisol levels are an increase in appetite, suppressed thyroid function, impaired cognitive performance (especially memory), and decreased bone density. The latter three are the result of chronic elevation such as from psychological stress or abnormal sleeping patterns, not acute elevation from exercising. In today's busy world, however, constant stress is much more of a rule than an exception. If thyroid function is diminished by high levels of cortisol, while slight hyperglycemia is maintained, this creates an environment where muscle is catabolized and blood sugar ends up in fat, and particularly abdominal fat.

So that is how Cortisol is helping you - "Say hi to the bad guy."

WHAT LIMITING CORTISOL WILL ACTUALLY DO FOR YOU

Other companies have made outrageous claims for what their products can accomplish. We aren't going to do that. They often fail to explain the mechanism, even when they actually understand it. They bottle and sell Hope. It is as though the discussion around the corporate board room goes something like this:

"Hey, what is some Hope that we can tap into that will allow us to sell stuff? And what can we throw in there that will make it believable that it could work? What kind of profit margin can we get by using these ingredients? Never mind the dose that works, does the ingredient itself work at *some* dose? We want it so we can't be sued, and we should be fine as long as we say that our product contains an ingredient which is effective, right? OK, so what is a harmless dose?—we don't want anyone complaining about any side effects, let alone suing us. Customer service is expensive enough. Is this harmless dose *just* effective enough to keep the customer buying it? Just enough to keep them wondering if it might not just be working, or that it will probably work better once they 'get back to' the gym? Once we bottle up a month's worth of a harmless dose, how much can we charge for it while people are still willing to go for it?" ... *ad nauseum*

I wish that I was able to say that this is hyperbolic for the sake of humor... No wonder such companies occasionally get sued by the FDA - no names mentioned. The trouble is that because of this sort of marketing, the whole idea of controlling cortisol has been tarnished.

So what we are doing here is, in part, setting the record straight. At Designer Supplements we feel it is worth the effort to educate our customers, to give them accurate guidelines for what they can *actually* expect and how to utilize our products to the greatest effect. If you are going to buy our products, we would actually prefer that you see the greatest benefit from using them. In coming up with products, our foremost concern is product efficacy, and we hope to win over a customer base which is loyal because satisfied, loyal because our supplements helped to maximize their fitness. We research the most promising substances, whatever their cost, then try to get the price to a reasonable level. We bring products to market that no one else would touch because the profit per bottle wouldn't come close to meeting their cut. We also research alternative methods of delivery, because we are interested in selling products that work, and work very well, not just in selling a product. But enough of that.

The point is that we will not market 7-OH as a miracle product. So before we go any further we need to make some things clear. Controlling your cortisol levels does *not* by itself build muscle; *you* build muscle. Cortisol taxes your muscle gains, it robs you of what you have earned. What will 7-OH do for you? To put it metaphorically, 7-OH will blackjack your body's tax collector before it can make those hidden deductions from your earning. *This* is how 7-OH will help you speed your anabolic progress. Controlling your cortisol levels does *not* by itself burn fat or spot reduce abdominal fat; *you* burn fat from all over your body. Cortisol counteracts your fatloss achievements, robbing you of part of what you have earned, by increasing blood glucose levels and then 'has the audacity to' disproportionately direct fat deposition into your abdomen. 7-OH blackjacks this saboteur before it can diminish the results of your hard efforts and sacrifices. *This* is how 7-OH will help you speed your efforts to reduce abdominal fat. 7-OH does not work miracles, and if you do nothing to earn a transformation in your body recomposition, its helping hands will not be able to do for you what they could if you put in maximal effort. The more effort you put into your training, the more your earnings will be taxed by higher levels of cortisol. And wherever you lie on the political spectrum, as an athletic trainee or fitness enthusiast, this progressive and redistributive system of taxation should be unwelcome. 7-OH deals with only the problem of elevated cortisol, and it does this important job very well.

If cortisol levels are kept low, the obviously detrimental effects of high cortisol levels will not be experienced. Of course, a person could still build muscles by going to the gym while guessing that a 'cortisol' could be that umbrella waiters put in women's drinks. Of course, abdominal fat could still be taken care of without supplements, *eventually*, given the proper dedication to really reduce overall bodyfat levels to the point where any extra distribution of fat to the abdomen is hardly noticeable. But by controlling your cortisol levels, these goals will be noticeably easier to accomplish. So much easier, because when you earn gains in muscle or fatloss your body will not work against you by trying to take a bite out of your newly stored protein, and it will not frustrate your efforts by redepositing more fat to your abdomen than everywhere else. By keeping cortisol levels consistently low, 7-OH just levels the playing field. For every 'dollar' worth of effort you spend in the gym, cortisol taxes you.

The more effort you spend, the more cortisol takes away. You still see better gains the harder you work, but if you take cortisol out of the equation, your gains will be both quicker to be realized and easier to maintain.

HOW CAN YOU KNOW THAT 7-OH WORKS?

You've seen how high levels of cortisol are bad for you, and you've seen how you should think of what controlling cortisol can do for you, but how do you know that 7-OH will actually do this for you? That is a fair question, especially considering that there are some other products out there that claim to effectively control cortisol levels. Phosphatidylserine (PS), for example, has this and other beneficial effects, but this is so at a dose which is prohibitively expensive. The same effect as from 7-OH cannot be achieved using 7-oxo – orally not at all, and using other methods of delivery it would not be cost-competitive. Cytadren is a powerful cortisol controlling agent, but (in addition to being an anti-androgen) it is not for sustained use, and it quickly has side-effects detrimental to the goals we aim to achieve through consistently maintaining low, safe but low, cortisol levels. There is no OTC product that can compare to the drastic cortisol lowering effects of 7-OH.

So how do you know that 7-OH does what we say it does? For starters, look to the customer feedback. We are very confident in our products, and we maintain a forum (at AnabolicMinds.com) which anyone can join and make their own honest contributions. But to experience the effectiveness of 7-OH for yourself, there is a simple test, much like with the case of Glucophage XR. With GXR, if you take too much you *will* experience hypoglycemia, with all of its unmistakable signs. Anyone who has taken too much can have no doubt that it works, that it is very powerful, and so it is easy to draw the valid conclusion that at proper doses it will be doing what we claim it does. Similarly with 7-OH, when you limit cortisol too much you will experience unmistakable signs of low cortisol, namely the dull ache of your body, your joints in particular, and especially where you have former injuries. Another sure sign is increased DOMS (delayed onset muscle soreness) after training. Here is a primarily rhetorical question: With the other cortisol limiters on the market, how much does it take to achieve this effect? In any case, that is from taking *too much* - do not think that you are supposed to run 7-OH at a dosage which would bring these effects about. If you get to that point, back your dosage off. Remember, the point is to limit cortisol from being present in levels beyond the optimal minimum, not to reduce it below that. In response to the stress of hard exercise, the body wants to make cortisol levels flood like water over a rice paddy. We know better that a level more like the water in a healthy lawn is optimal. There is nothing to be gained by trying to reduce this to a desert. The effects of 7-OH will be noticeable over time, really noticeable if you chart your progress, but it is nice to have this way for the impatient or skeptical to test our product.

The effects are subtle, only preventing deductions from what you earn, rather than giving you some separate 'payment'. So it would be tempting for the cynical commentator to remark mockingly that "Oh sure, if 7-OH users train hard and eat right, while getting the proper nutrition and rest, they will put on muscle and lose fat – well, they would do that if

they ate placebo!” But this is not fair to 7-OH, nor to the accuracy of this entire write-up explaining how it works. In addition to the above test, you can also notice the effects of 7-OH just by stopping taking it. Especially if you record your progress, you will see clearly that it will become more difficult to maintain or develop further. Inches will come back to and go away from all of the wrong places. Another sure way to see its efficacy is to use 7-OH following a cycle of anabolics when your body is primed for muscle catabolism and fat gain. At this time your metabolism and thyroid hormone levels will go down. 7-OH will help counter what would otherwise be lowered levels of T3. It will not give you supraphysiological levels as with T3 supplementation, but this is a good thing, since doing so would lead to muscle catabolism. Keeping cortisol levels low will spare your newly enlarged muscles from becoming a choice source of nutrition in the post-cycle environment. And the fat which you may accumulate post-cycle will not be disproportionately directed back to your midsection.

There is no need here to walk through more of the biochemical and physiological processes than is necessary to convey a working understanding of what is going on. You will see for yourself that it works. If someone is so inclined to get into a scientific discussion of these points, there is a forum for this. Many would be bored to tears if you were forced to read such a discussion, and I am already verbose enough not to subject you to that in addition. 7-OH has been out for a while now, and its effectiveness is not a question—it works in fact, and not only on paper. Designer Supplements makes bold claims for our products only because our products are able to live up to these claims. See for yourself.

7-OH IN PRACTICE

Let’s talk about cardio here – and don’t skip over this! Everyone knows that cardio is in some way good for them, but as I mentioned earlier, it is really not uncommon for weightlifters to take one (squinting) look at endurance athletes before promptly swearing an oath to Heracles that they will have *nothing* to do with cardio, regardless of what ‘they say’ it supposedly does for their health. Cardio is an unpleasant chore, true enough, but it is not as though these guys are lazy – they laugh as they move the equivalent of a truckload of weight each time they venture into the gym. They just look at cardio as an unnecessary evil. 7-OH overcomes what justification there may be for the bodybuilder’s fear of cardio induced catabolism. 7-OH can make cardio choice worthy for those primarily interested in gaining muscle.

Cardio on an empty stomach is excellent for burning fat, yet this will cause a substantial cortisol spike as the body tries to find the energy to replace what was lost through the cardio. The trick is to take 7-OH so that muscle catabolism is minimized, and fat-burning is maximized. People who use 7-OH will be able to get the health and fat burning benefits of cardio, even if they only do three 20-minute HIIT cardio sessions in a week. They will be able to bulk more cleanly, thereby avoiding having to become quite as fat while gaining muscle, and therefore they can avoid having to work quite as hard to achieve their cut. At least as importantly, for anyone using anabolics, cardio should be considered a necessity,

since all anabolics (not just orals) cause unhealthy changes in cholesterol levels, and cardio is a very effective way of improving this. Lastly, cardio is essential to bridging the gap between looking good and being able to perform as good as you look. OK, so remember: 7-OH can make cardio, which is actually good for you, safe for bodybuilders.

7-OH has a valuable role to play even though its effects are not as immediately obvious as with stimulants or anabolics. 7-OH cannot perform miracles to correct egregious mistakes in your training or nutritional regimen, but it can do valuable work in taking obstacles out of the way of the progress to your self-realization. So let's talk about 7-OH in different situations.

If (against our recommendations) you only do cardio:

7-OH will help you keep the muscle you have, and help to prevent disproportionate fat deposition in the midsection, but there is only so much that can be done in the absence of weight-training.

If (against our recommendations) you only weight-train:

7-OH will help you keep your gains by minimizing your losses to catabolism, and by allowing you to shed abdominal fat through an intelligently planned nutritional regimen. Using a protein-carbohydrate drink while working out will limit the catabolism cortisol causes, but there are reasons that this does not make suppressing cortisol superfluous. The high levels of cortisol following intense exercise contributes to the temporary (partial) suppression of the immune system, and unnecessarily delays the immediate job of repairing the damage done to the muscles over the course of the workout.

If you use 7-OH in conjunction with weight-training and cardiovascular exercise:

7-OH will help you keep the maximum of what you earn through your dedication and self-discipline in and out of the gym.

If (really, *really* against our recommendations) you do no exercise:

7-OH will be limited in what it can do for you. It can still do something, but unless you are psychologically stressed, your body's cortisol levels are unlikely to be elevated. And without exercise, it is unlikely that there are supernormal amounts of muscle to preserve from catabolism. If you are highly stressed, or you are a day-sleeper, but you watch your diet so that (by carb-cycling for example) you have an intelligently designed net caloric deficit, then using 7-OH could help contribute to a reduction in abdominal fat through limiting targeted fat deposition there which would otherwise result from your high cortisol levels.

Other considerations:

Cortisol and appetite:

Controlling cortisol levels will eliminate whatever *extra* appetite high cortisol levels may have otherwise contributed to. Of course the far greater part of overeating is habitual, and cannot be countered except through self-discipline and adherence to a plan to overcome it.

Bodybuilders might slightly miss the appetite boost from high cortisol levels, insofar as this helps them to wolf down the large amounts of calories they consume, but if they know that the 7-OH is helping to keep their gut in check, we think they will find some other way to keep eating.

During PCT:

Following the cessation of the supplementation with anabolics, testosterone levels are very low, estrogen levels are high or on the rise, and your metabolism is slowed. You will have to use something like Rebound XT to recover your natural testosterone production, but 7-OH during this time will be really invaluable. 7-OH is anti-catabolic, it raises T3 levels from subnormal levels, plus it has a slight anti-e effect due to the hydroxyl group. The usual advice, which is sound enough in the absence of a cortisol limiting supplement, is to reduce training volume and keep eating a lot during PCT to avoid muscle loss. Unfortunately, when this is followed, in part because T3 levels have gone down, fat gain is very difficult to avoid, especially when elevating cortisol levels are eager to 'take from the rich' (your new muscle tissue) and 'give to the poor' (your always greedy fat cells). By now you should know all the ways in which 7-OH gets us through this situation with as little compromise as possible. The amount that 7-OH increases T3 is not comparable to external thyroid supplementation, at which levels T3 is catabolic. By restoring T3 towards normal levels, 7-OH helps to keep fat metabolism going, while it is not enough to be catabolic. If you exercise at the same pace as when you were on cycle, while leaving cortisol levels unchecked, you can say goodbye to more of your gains than you would afterwards like to admit. And if you eat at the same pace as when you were on cycle, while leaving your cortisol levels unchecked, you can say hello again to a whole lot of bodyfat that you thought you had sent on a steamboat to Madagascar through your boring food selections and cheesecake abstinence throughout your cycle.

Women

The anti-estrogenic effects of 7-OH are not comparable to those of a dedicated anti-e, however, for women using oral contraceptives it would be worth it to take extra precautions, at least until we have some blood work which proves conclusively that estrogen levels are not altered to such an extent that pregnancy could be a possibility.

Topical application of 7-OH to the abdomen:

Application of 7-OH to the abdomen should be effective in terms of preventing the redeposition of fat there, however, it is not clear how much of an advantage this would have in comparison to systemic application. Look for feedback to this effect before arriving at any conclusions.

When *not* to use 7-OH:

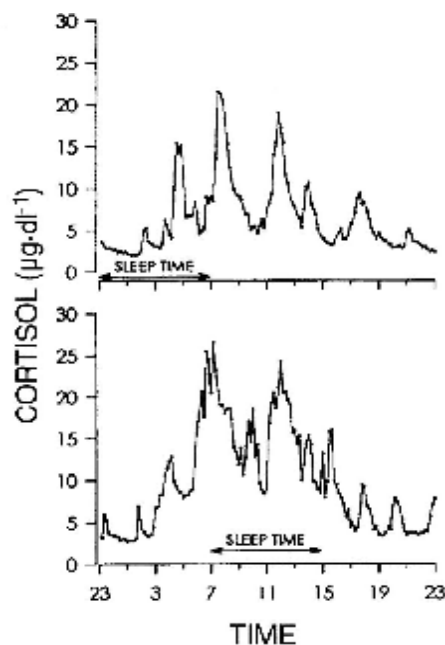
Cortisol secretion is important to the body's capacity to resist infection, especially an intestinal infection such as in the case of diarrhea. At the first signs of sickness, 7-OH use should be discontinued. Let the body go back on autopilot to deal with it. 7-OH can be safely used as a manual override of the otherwise automatic response to physical stress when

that stress is deliberate, and we are trying to achieve a healthier state through the use of this override. Any anticipated events of serious mental or physical stress, events such as surgery or exposure to extreme temperatures, would also be very good reasons not to use 7-OH for those periods of time. *Don't fight the body's efforts to restore conditions unless you can do it better.* Cortisol increases the formation of glycogen in the liver, so shortly before participation in an endurance competition, 7-OH should be discontinued. Potassium wasting diuretics should not be used with 7-OH.

Other than those instances, there is no reason 7-OH would need to be cycled on and off. Moreover, there are no negative side-effects from 7-OH use which would require the use of additional supplements to counter them. The side-effects from the use of too much 7-OH are eliminated by scaling back to a safe dose.

HOW TO USE 7-OH TO SEE THE BEST RESULTS

Now that you are clear about what exactly 7-OH can and cannot do, if you are willing to give it a shot, how should you use it? The first thing you need to know is the timing. For people who do not sleep during the day cortisol levels are at their maximum upon waking and about four hours later. There are two large spikes in cortisol secretion at these times. The amount of cortisol released during a day-time sleep exceeds the quantity a night-time sleeper will secrete during an entire day. The following graph¹ shows cortisol levels in a night sleeper (top) and in a day sleeper (bottom).



¹ "Aldosterone release during the sleep-wake cycle in humans" Am J Physiol Endocrinol Metab 276: E43-E49, 1999. Anne Charloux, Claude Gronfier, Evelyne Lonsdorfer-Wolf, François Piquard, and Gabrielle Brandenberger.

For a person with a standard sleeping pattern, the most important time to use Lean Xtreme is immediately upon waking. They say breakfast is the most important meal, and your body comes prepared to “start the day off right” by helping itself to a strip of lean meat right from your muscles. You and your cortisol levels get up at the same time, a dose of Lean Xtreme first thing in the morning effectively greets the ‘bright-eyed and bushy-tailed’ Cortisol like a frying pan to the forehead. While ‘the bad guy’ - the tax-collector - is out cold, you may as well exercise if you can arrange it. If you are on a tight budget, then using one to two capsules of Lean Xtreme first thing in the morning, and exercising during this window of opportunity, that would be the way to get the most from limited resources. About four hours later, Cortisol will be ‘coming to’ once more, so that would be a fine time to take your second dose. If you exercise later in the day, take another dose before the period of maximal stress to minimize the body’s counterproductive defensive measures. So, if you use only one form of 7-OH, use Lean Xtreme according to this timing.

If you work nights, or you work a physical job for long hours during the day, or you are otherwise physically and/or psychologically stressed for long periods such that your cortisol levels would be constantly elevated, then you would be best served by just using a long-acting form of 7-OH if you can afford only one. But if you work nights and only wish to use the capsules, take two capsules of Lean Xtreme an hour before bed, when a huge cortisol spike begins, and one or two again if you happen to wake up just to go to the bathroom.

If you want (and can afford) to maximize the benefits, however, you should add to the above dosing schedule a sustained delivery method to keep cortisol levels consistently low, day and night. Let Lean Xtreme take care of the spikes, and allow our topical or “pain-free oral” diacetate formulation to keep cortisol levels low, around the clock. With cortisol thus effectively taken care of, your progress will accelerate noticeably. Chart it out for yourself, and share your feedback, thoughts, questions, and the results of blood work if you happen to get it with other 7-OH users on our forum at AnabolicMinds.com. We are eager to see the pool of evidence of the product’s efficacy grow.

In the end, you will have to decide where 7-OH fits into your larger supplement regimen and budget. But are convinced that if you give this product fair consideration, and weigh it against some of the other things you are currently using, you will recognize that there is good reason to try to make some room. There are a number of year-round staple supplements that people swear by and will not go without, supplements such as whey, fish oil, creatine, antioxidants, glucose-shuttling agents, sesamin, green tea extract, and so on. Designer Supplements only brings out products that we think deserve serious consideration for inclusion in the ranks of such supplements. Try 7-OH out, with the informed expectations and understanding of proper use that this write-up has aimed to provide, and we think you will be convinced of its worth. In conjunction with our other supplements, like Glucophage XR, Melting Point, Rebound XT, and others as we bring them to market, every angle will be covered as we attempt to help you realize the larger strategic goal of optimal body composition and performance.

SUMMARY

7-OH (7-alpha-hydroxy-dehydroepiandrosterone), the active ingredient in Lean Xtreme, is a supplement which will help you *keep* the muscle gains and the fatloss that you earn through the proper and disciplined combination of weight training, nutrition, rest, and cardiovascular exercise. Without the use of 7-OH your progress will be measurably slower than it needs to be. 7-OH will clear obstacles from your path.

By reducing cortisol

- 7-OH counters the diminishing returns of intense efforts, allowing you to keep more of what you earn in the gym, on the road, and through the sacrifices and self-discipline you maintain in the kitchen and out on the town.
- 7-OH will allow you to incorporate cardio without the usual risk of catabolism. This will enhance your performance, your metabolism's ability to burn fat, and your cholesterol levels.
- 7-OH will eliminate extra appetite caused by high levels of cortisol. It is up to you to maintain the self-discipline to adhere to an intelligently planned nutritional regimen.
- You take it off or put it on, 7-OH will help keep it that way.

Check the feedback at [AnabolicMinds](#) or elsewhere, try it yourself, share your feedback online, and once you can see what 7-OH can really do, tell your friends about it