

PCT 2009

Day 1 blood analysis

Days	HCG	Nolva dex	Clomid	Vitamin E	rHGH	Humalog	T4
1-16	2500iu/eod	20mgs /ed	50mg/ed	1,000iu/ed	8iu/ed	10iu/pwo	50mcg/ed

Day 16 blood analysis

If blood serum level of testosterone is less than 300ng/dL, I will continue with the above protocol for another 16 days, and do another blood analysis.

When I finally reach the above level of testosterone, I will cease the use of HCG and continue with clomid for 15 more days and nolvadex 30 more days respectively.

Strange thing is I have been so hungry and eating like a mad man. No junk food here.

Weight: 95kg

Bodyfat: less than 8%

Height: 175cm