

Ment and Cypionate Beginner Steroid Cycle

Week	Ment	Cypionate	Arimidex	HCG	Clomid	Nolvadex
1	25mg every 2nd day	50mg every 2nd day	0.5mg every 2nd day	-	-	-
2	25mg every 2nd day	50mg every 2nd day	0.5mg every 2nd day	-	-	-
3	25mg every 2nd day	50mg every 2nd day	0.5mg every 2nd day	-	-	-
4	25mg every 2nd day	50mg every 2nd day	0.5mg every 2nd day	-	-	-
5	25mg every 2nd day	50mg every 2nd day	0.5mg every 2nd day	-	-	-
6	25mg every 2nd day	50mg every 2nd day	0.5mg every 2nd day	-	-	-
7	25mg every 2nd day	50mg every 2nd day	0.5mg every 2nd day	-	-	-
8	25mg every 2nd day	50mg every 2nd day	0.5mg every 2nd day	-	-	-
9	-	-	0.5mg every 2nd day	-	-	-
10	-	-	0.5mg every 2nd day	-	-	-
11	-	-	-	1000iu/every 2nd day	100mg/day	40mg/day
12	-	-	-	1000iu/every 2nd day	50mg/day	20mg/day
13	-	-	-	1000iu/every 2nd day	50mg/day	20mg/day
14	-	-	-	-	50mg/day	20mg/day