

Albuterol

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[Albuterol](#)

(Salbutamol)

This stuff is [Clenbuterol](#)'s shorter acting brother. Essentially, it has all of the effects of [Clenbuterol](#), but actually may be better for athletes. See, where [Clen](#) has a very long lasting effect in the body, [Albuterol](#) actually has a comparatively short active and [Half-Life](#). Since we know that we can expect all of the fun fat-burning effects [Clen](#) has, when using [Albuterol](#), let's take a look at some of the more interesting effects it's had on strength.

In one study, subjects performed 9 wk of isokinetic knee extensions twice weekly. [Albuterol](#) was given to one group, and placebo to the other, for 6 wks; groups received 16 mg.d-1 of either treatment, they were strength trained, and the results recorded. Anyway, making a long story short, the [Albuterol](#) group at both midtesting and post-testing had higher scores than the non-[Albuterol](#) group. These results give clear indications that even therapeutic doses of [Albuterol](#) administered with resistance exercise may augment strength gains above and beyond those experienced without [Albuterol](#) (2).

Anecdotally, [Clenbuterol](#) and [Ephedrine](#) have both shown themselves capable of temporarily increasing strength, and I would bet most beta-agonists have this effect, but I don't think has been shown as conclusively as it has been with [Albuterol](#).

There've also been more than a few complaints of [Clen](#) causing athletes to lose their wind, especially those whose sports require a higher Vo2 max than most. [Albuterol](#), perhaps due to its short [Half-Life](#), may not have this deleterious effect (1) and therefore may actually be a more effective choice for athletes, though not bodybuilders, who can benefit from [Clen](#)'s long-lasting lipolytic effect.

