

Anadur (nandrolone hexylphenylpropionate)

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[Anadur](#)

[\(nandrolone hexylphenylpropionate\)](#)

[Anadur](#) is steroid very closely related to [Deca Durabolin](#). The base compound in both drugs is 19-nor-testosterone, or more commonly known as nandrolone. The base compound is similar to testosterone except the absence of a carbon atom in the 19th position. The significance of a 19-nor-testosterone compound is that the conversion to estrogen is very low, while the bond strength with the anabolic receptor (AR) is higher. The difference between this drug and that of [Deca Durabolin](#) is that [Anadur](#) contains the Hexyloxyphenylpropionate ester. This particular ester is very large, making this steroid very slow acting, if not the slowest acting of all the nandrolone compounds. The downside to this large ester is that on a mass to mass basis, there is less actual nandrolone hormone than compared to [Deca Durabolin](#).

[Anadur](#) would be used in a very similar fashion of [Deca Durabolin](#) and mostly for those looking for gradual gains with lower [Side Effects](#). [Anadur](#) is not a commonly found steroid but still exists in some parts of the world, as listed later on. Nandrolone in general is more anabolic than testosterone and has a very low androgenic expression. It is reported to have an anabolic to androgenic ratio of 37:125. Typically, males would take a dosage range of 200-600mg/wk with higher doses sometimes found in more advanced users. This compound normally would not be recommended for women due to the virilization effects this compound may cause such as increased body hair, deepened voice, acne, and clitoral hypertrophy. However, some female members at Anabolic Review have used it at ultra low doses of 25-50mg/wk with good success.

By [Anadur](#)'s chemical structure, this steroid can be affected by the 5-alpha-reductase enzyme producing dihydronandrolone (DHN). DHN is a compound similar to that of DHT, however unlike DHT, DHN is a much weaker drug and has a much lower affinity for binding to the AR. Furthermore, the rate at which nandrolone is converted to DHN will be much lower than testosterone. Because DHN is a weaker compound, those with concerns for the prostate and hair loss can still take [Anadur](#) with little [Side Effects](#). Most members report no hair loss while using nandrolone products.

Also, again based on structure, [Anadur](#) can be converted to estrogenic compounds via the aromatase enzyme. Although some estrogen is produced, both the amount and the rate of [Anadur](#) are much lower than testosterone, approximately less than 20% than that of testosterone. Although estrogen is low, the use of anti-estrogen compounds is highly recommended.

While the levels of estrogen and DHN produces are low, there is third mechanism in which [Anadur](#) can convert. Nandrolone has been shown to have agonistic effects and high affinity binding with the progesterone receptor and act as a progestin throughout the body. Ideally, one would want an anti-progesterone compound; however there are no widely available products at this time.

Since [Anadur](#) has a high affinity towards the androgen receptor while having a lower androgenic expression, it is usually not recommended to be taken without testosterone. Without a high androgenic expression and having a strong bond to the AR, [Side Effects](#) of low testosterone are possible such as the infamous "Deca-Dick" (impotence), lethargy, and low sex [Drive](#). Furthermore, because of the three conversion products listed above,

this compound is generally very suppressive to the body and can make it difficult to restart natural testosterone production during post cycle therapy. Most Anabolic Review members report loss of libido and retention of gains after a nandrolone only cycle, while the addition of testosterone combats these problems for most. By adding testosterone, the balance of androgenic expression is raised in the body due to more competition and more binding with the AR. Remember, nandrolone binds very heavily to the AR and shows little androgenic expression so an androgenic compound is needed to counteract this.

Users of nandrolone report a soothing sensation for their joints. This is most likely attributed to the mild water retention caused by nandrolone. For this reason, [Anadur](#) would most likely not be found in high concentrations of a cycle for those looking to lose fat, and more towards those looking to gain mass. Also, because of the different aromatizing products (estrogen, progesterone, and DHN), some Anabolic Review members report gains of fat when strict diets are not followed. Gains usually come steadily and are quality gains that held on to easily with proper post cycle therapy.

[Anadur](#) Stack

[Anadur](#) is a good steroid to be stacked with a few other steroids, and as mentioned above testosterone is highly recommended. Other compounds of example commonly stacked with [Anadur](#) or other nandrolone compounds are [Equipoise](#), Dianabol, [Winstrol](#), and [Anavar](#).

[Anadur](#) Cycle

When ending a cycle containing [Anadur](#), most of the Anabolic Review members run testosterone for a couple weeks longer than the nandrolone. Since nandrolone is so suppressive, this gives the body time to clear the AR binding with nandrolone and prepare for testosterone. The Anabolic Review members report that this helps recovery very much by doing so. For post cycle therapy, most follow the typical regimen of [Clomid](#) and/or [Nolvadex](#). Others like to add [HCG](#) prior to ending the cycle.

Since [Anadur](#) is a nandrolone, it is to be expected that some of the metabolites produced will stay in the body for up to 18 months, making [Anadur](#) and all nandrolone compounds a very poor choice for athletes who are drug tested.

Given the large fatty ester on [Anadur](#), the active life is reported to be around four weeks long. This also allows for very few injections as low as one injection per week for [Anadur](#), although due to the relatively low concentrations either high volumes or more frequent injections are required. It is possible to only inject weekly, but the volume required would be 6-8ml which would not be advised with one injection.

[Anadur](#) Profile

Nandrolone base + Hexyloxyphenylpropionate ester.
Molecular Weight(base):274.4022
Formula (base): C18 H26 O2
Melting Point (base): 122-124 ° C
Manufacturer: Various
Effective Dose (Men): 200-600mgs/week (2mg/lb of Bodyweight)
Effective Dose (Women): 50-100mgs/week
Active life: 15 days
Detection Time: Up to 18 months
Anabolic/Androgenic ratio: 125:37