

Laxogenin: All the Muscle Gains Without All The Risk

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By Dr. Diana Rangaves

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People, who are looking to make muscle gains, know that supplements are helpful in reaching those goals. Yet so many aren't aware of what exactly they're taking, or what's inside of those supplements they're putting in their body several times a week. One popular ingredient in many best-selling supplements is a naturally occurring, plant-based steroidal substance called Laxogenin.

Laxogenin a truly extraordinary development in supplements for muscle gains because it has all the amazing results of the heavy muscle builders without the nasty side effects. You'll want to know the ins and outs of this miracle (and natural) compound, not to mention

where you can find it.

What is Laxogenin exactly?

Laxogenin has a chemical name of 5 Alpha Hydroxy Laxogenin, or 5a Hydroxy Laxogenin. It is part of a group known as brassinosteroids, which contains 40 known plant-based steroids, all of which come from plants and foods in trace amounts. Chemically speaking, brassinosteroids are similar to anabolic steroids (which most people know as plain old steroids), doing the same thing to plants as any animal-cholesterol-derived steroid does to animals: build muscle mass.



Laxogenin is different from something like epicatechin, another common ingredient found in supplements because it is bioactive substance classified as a flavonol. Like brassinosteroids, flavonols are plant-based and found in plants and food in trace amounts. Nevertheless, flavonols are phytochemicals, while brassinosteroids are phytohormones.

Laxogenin Benefits

So you want to build muscle quickly and safely, right? Many people think this is an impossible feat, but think again, thanks to Laxogenin.

Studies published by the US National Library of Medicine, Institute of Health, show Laxogenin rapidly builds muscle mass by upping protein synthesis and nitrogen retention. It does this at the same time as lowering protein breakdown and inhibiting the production of cortisol, the stress hormone. This means Laxogenin provides an environment in the body ideal for muscle gains and fat loss. Fat loss is promoted because Laxogenin keeps the pain and inflammation after a hard workout in check.

Another important benefit of Laxogenin is that it is a great alternative to any muscle-building supplement that can have an effect on hormone levels, supplements that contain prohormones, testosterone boosters, estrogen blocks, and SARMS. Hormone effecting supplements can give the body a compound that is similar and related to testosterone, causing the body to register a rise in its testosterone and prohormone levels. As a result, the body can shut down its natural production of testosterone, and this is not good for you. Laxogenin does not have this effect.

Laxogenin Benefits

- Natural
- Increase Protein Synthesis
- Increase Nitrogen Retention
- Build Muscle
- Increase Strength

In addition, it has adaptogenic properties, lowering cellular stress sensitivity, providing homeostasis in the body, and creating a stable environment for other physiological processes, like keeping cholesterol levels in check.

In A Study on Laxogenin and another similar plant based brassinosteroid showed an increase in weight gain, food intake, lean body weight, increase in leg muscles or gastrocnemius as well as physical fitness in rats.

What is different about Laxogenin from anabolic steroids?

Are you looking for a better way of bulking up than regular steroids? Look no further than supplements with Laxogenin.

While Laxogenin has been reported to increase strength quickly and has been associated with rapid muscle gains and resistance to fatigue, it does not get in the way of natural hormone production like typical steroids. Laxogenin studies show there has been no noted effect on the body's endocrine system, levels of the hypothalamus-pituitary-testicular-axis, or estrogen with the use of Laxogenin, nor does it cause strain to the liver. All of these are known effects of anabolic steroids. Another benefit of Laxogenin is that it does not register on any steroid test.

While some say Laxogenin still exists in a gray area, because technically speaking, they are a *form* of steroids, studies have shown Laxogenin to be completely safe to take.

Does Laxogenin have side effects?

It is going to be very, very hard to believe (considering all that we have known about anabolic steroids), but so far, the only known side effects of Laxogenin are upset stomach and minor headaches, and the headaches can happen only when people take too high a dose. Many wonder how this can be true, considering the very serious side effects that accompany anabolic steroids. The thing is, there are minimal Laxogenin side effects because it is not a prohormone, so the body's levels of testosterone, estrogen, as well as any other hormone, are uninvolved.

Interestingly, Laxogenin may act in reversing some of the negative side effects of prohormones. Likely, people tend to use Laxogenin in conjunction with prohormones for this exact reason.

Another thing to consider, due to Laxogenin being a natural ingredient, is that it does not involve the body's hormones so no On Cycle or Post Cycle Therapy are needed.

Brands with Laxogenin in their supplements

While there are many supplements out there that contain Laxogenin, here are a few with notoriety to get you started:

Vital Alchemy makes a supplement called Anafuse, which is widely known as the best Laxogenin supplement out there. It contains Laxogenin, Epicatechin, HICA, Vitamin D3, Quercetin, and Fructus Schisandrae, a combination of ingredients to address all the elements necessary for building muscle mass sustainably, substantially, and rapidly.



If that doesn't convince you, the product and **Laxogenin reviews** will, which all go something like this:

Laxogenin Reviews

(Anafuse) "I have to say I am pleased with this supplement. I took this for 28 days so far and I have had great results. After I leave the gym, I am swollen for like 2 hours. Also, I am half as sore as I usually am. This is good because I have squeezed in an extra day a week in the gym. I just got my second bottle and I am planning on running it for a total of 60 days/2 bottles. So far, I have put on 5lbs of high-quality muscle. Strength is up. Of course, no side effects at all."

(Major Bulk) "This stuff is very efficient at placing your body in a highly anabolic state so that you can gain muscle mass at a motivating pace!!!
Highly recommend this product!!!"

Other Laxogenin Supplements:

Assault Labs' Nano Genin puts Laxogenin together with what they call "Nano Absorb Technology," meant to increase Laxogenin's effectiveness by 600 percent. The results are gains in lean muscle mass, endurance, strength, and fat loss all at once.



MASSACR3 by Olympus Labs is another supplement with Laxogenin to hit the market. MASSACR3 includes the highest dose of Laxogenin you'll find in a supplement, allowing you to surpass the muscle gain plateau that often occurs during bulking and recomping.

Halo is a Redcon1 product, which also contains a very high dosage of Laxogenin. This means Halo provides a drastic improvement of nitrogen retention and protein synthesis, allowing the body to bulk up much faster.

Ano-Genin by Blackstone Labs is a supplement with a slightly lower quantity of Laxogenin than some of the others mentioned. Because not everyone is looking for such a high dosage of Laxogenin, it's good to have a range of available options in supplements.

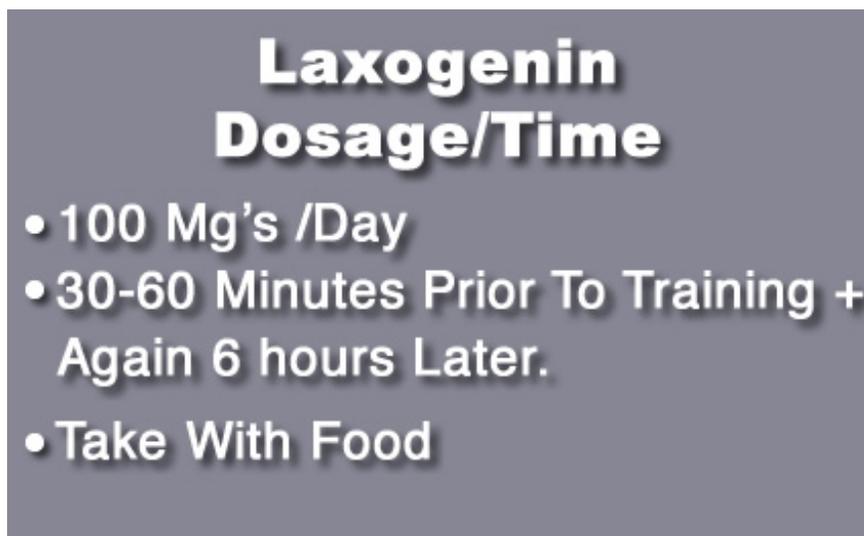
Strong Supplement Shop Recently Ranked the **Top 5 Laxogenin Supplements** and below are the rankings:

1. Anafuse by Vital Alchemy
2. Major Bulk by Assault Labs
3. Nano Genin by Assault Labs
4. Massacr3 by Olympus Labs
5. Halo by Redcon

Laxogenin dosage

The best daily dosage of Laxogenin is 100 mg per day. Check your brand's quantity of Laxogenin per pill, so you know how many to take each day.

Laxogenin is best taken with your meal/food 30 minutes to 1 hour prior to training and then again about 6 hours later. Users cycle Laxogenin for 8-10 weeks before seeing diminishing returns. Some users cycle as long as 12 weeks.



**Laxogenin
Dosage/Time**

- 100 Mg's /Day
- 30-60 Minutes Prior To Training + Again 6 hours Later.
- Take With Food

Can Women Take Laxogenin?

Yes women can, due to the fact that Laxogenin does not have a hormonal effect and is a natural supplement, women can take Laxogenin and enjoy the benefits.

Can Laxogenin be stacked with other supplements?

Yes Laxogenin can be stacked with many different supplements. People include Laxogenin in their supplement regiment that usually includes, pre-workouts, protein, creatine, and fat burners. Men also stack Laxogenin with test boosters and other hormonal muscle builders as well, to maximize their gains.

How can you increase the bioavailability/Absorption of Laxogenin?

Laxogenin is a plant based muscle builder and, as a result, it can have less than desired bioavailability when taken orally. This means that you are not able to absorb as much as you are supplementing. This is nothing new in the supplement world and dosages have been adjusted as a result. However to maximize absorption Assault Labs offers Nano Absorption Technology which can lead to a substantial increase in effectiveness. The tech works by making the compound approximately 1000 times smaller so your body can absorb much more. This technique is found in some pharmaceuticals however not in supplements until Nano Genin.

To conclude, you can see Laxogenin is a plant compound that naturally increases your protein synthesis, nitrogen retention and muscle mass. It does this with no big side effects and provides its users with great results all while leaving your hormones out of the picture. All the gains without all the risks. Choose your favorite Laxogenin supplement and get all the gains now!

Medical Disclaimer

The Federal Food, Drug, and Cosmetic Act requires that we inform you that the efficacy of the products has not been confirmed by the Federal Drug Administration approved research as a treatment for any medical condition. The information in this document is not intended to diagnose, treat, cure or prevent any disease.

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Dr. Diana Rangaves is Doctor of Pharmacy (Pharm D). Graduated from the University of California, San Francisco and specializes in pharmacotherapy management. Diana has a broad range of acute clinical background and ambulatory care. She was an academic college professor; teaching critical thinking, ethics, pharmacology, addiction, behavior patterns, pharmacy, and nursing. As a Clinical Pharmacist she is focused on chronic or disease state management. She has published several books and articles in numerous venues. She also founded ClinicalConsultantServices.com and DianaRangaves.com

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