

# LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

## ARE SARMS SAFE TO USE?



What exactly are SARMs? The acronym stands for selective androgen receptor modulator. It's a drug that's chemically similar to anabolic steroids.

If you aren't happy with the results from your workouts, you might consider turning to steroids to speed up the process. However, steroid use is not the safest method to getting the body of your dreams. If you've done some research, you probably stumbled across SARMs as an alternative.

SARMs haven't been approved for medical use, so pharmaceutical marketers haven't bothered naming them yet.

These are some of the most popular SARMs available right now:

- ✓ MK-2866 or GTx-024 (Ostarine)
- ✓ LGD-4033 (Ligandrol)
- ✓ LGD-3303
- ✓ GSX-007 or S-4 (Andarine)
- ✓ GW-501516 (Cardarine)

## WHAT YOU NEED TO KNOW ABOUT SARMs

Before you take a foreign substance, you should be aware of the risks and effects. Nonsteroidal SARMs have only been around for a couple of decades and, unfortunately, are lacking in human research.

Unfortunately, we just don't know enough about how they work and their potential long-term side effects, which is a very legitimate cause for concern.

Here's what we do know, though...

- ✓ SARMs suppress your natural testosterone production.
- ✓ The more SARMs you take, the more side-effects you'll experience.
- ✓ SARMs are probably easier to recover from than regular steroids

- ✓ SARMs may raise your risk of cancer.

## OTHER CONSIDERATIONS

SARMs are drugs that deliver some of the benefits of anabolic steroids with fewer of the short-term side-effects.

They aren't as effective as steroids, but they definitely do boost muscle growth more than any [natural supplement](#) on the market. They appear to be safer, too, but don't think that means they're safe to take.

Research clearly shows that they suppress natural testosterone production and negatively impact the endocrine system, and there's evidence that they can increase the risk of cancer, too.

Furthermore, we have no idea if there are long-term health effects of SARM use, but given the nature of the drugs, there likely are.

So, if you want a cut-and-dried recommendation from me, it's this:

Stay away from SARMs.

In my opinion, the risks far outweigh the benefits, and they're just not necessary to build a muscular, strong, and lean body that you can be proud of.

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