

# Post-cycle therapy (PCT) for steroid users

## What is PCT?

A primary concern of steroid use is its potential to **suppress natural testosterone production**. In response, some users **consume pharmaceutical substances** (e.g.: Nolvadex and Clomid) and/or engage in other behavior after stopping their use ('post cycle') in order to reduce the risk of negative health outcomes.

## What problems do users face?

Where users **lack access to PCT** they may enter long-term cycles of continuous steroid use rather than stopping use.

## Why is it used?

To prevent/avoid acute mental health consequences of coming off a steroids cycle (e.g.: depression, fatigue and anxiety)

To restore natural hormonal functioning

To reverse or mitigate the side effects of steroid use, (e.g: testicular shrinkage)

To maintain gains (e.g., size and strength) and health (e.g., fertility and sex drive)

