

Tamoxifen or Clomid – What is Better?

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Tamoxifen or Clomid – What is Better?

Antiestrogens play a very important role in strength sports. These are substances that an athlete should always have, especially when taking exogenous hormones. Their main purpose is to restore the hormonal background after a cycle of taking AAS. The problem is that after a cycle of taking steroids, the level of own testosterone is very low, and the level of female hormones is quite high. Antiestrogens perform two very important functions: they reduce the nature of the action of estrogen in the athlete's body, blocking receptors and stimulate the production of LH and FSH, which quickly leads to the optimization of the level of testosterone in athletes.

Most athletes wonder what to choose: clomid or tamoxifen.

Pros and cons of tamoxifen and clomiphene

When post-cycle therapy (PCT) is carried out, then most athletes opt for clomiphene. As for tamoxifen, some athletes consider it as a kind of fallback, in case clomiphene fails to acquire. It seems that tamoxifen is worse than clomid. Is this really so? And what is actually better?

First, you should pay attention to the fact that the molecules of the two substances have similarities, if not to go into the intricacies of their structure. Yes, this is true, in structure they are similar, but they are not exactly the same, which determines their nature of action on the body.

Tamoxifen is considered more biologically active than clomiphene. This can even be determined by dosage: if tamoxifen is used at 20-40 mg, then clomiphene must be taken from 50 to 100 mg. Judging by the athletes, they will eat the same number of tablets.

There is another factor that should be addressed, is the comparison of the effects of drugs on the restoration of estradiol levels in the blood. Since their molecules are similar, then most likely they act the same, having the same effect. In fact, everything is completely different.

These two drugs equally attach to estrogen receptors in the blood, therefore, estrogens themselves can no longer join the drug molecules, and therefore become inactive. In this regard, the level of estradiol in the athlete's body remains at the same level. The only difference is in the mechanisms of action on the receptors of both tamoxifen and clomiphene.

Clomiphene is considered to be a selective (selective) blocker of estrogen receptors: it only joins the pituitary and testicular receptors, providing itself with the role of an estrogen antagonist, relieving the body of their detrimental effects on pituitary and hypothalamus, thereby ensuring their rapid restoration of secretory activity. As for tamoxifen, it does not act selectively and joins all the receptors of the athlete's body. In addition, it does not act so much on receptors in pituitary gland as clomid. In fact, it is more important to block the pituitary, hypothalamus and testis receptors, but not the whole organism.

Despite this, some athletes claim that blocking receptors throughout the body is much more effective than partial blocking. In fact – this is pure delusion. The fact is that if you block the maximum number of receptors, then for a man it

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TAMOXIFEN AND CLOMIPHENE

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will be more harmful than an excess of estrogen in the blood. The consequences will lead to loss of libido and the appearance of pain in the joints and so on. Estrogens are also necessary for a man, the whole thing is only in their quantity. A lot of estrogen is not good, and a little estrogen is even worse.

Therefore, comparing the mechanism of action of the two drugs, we should pay tribute to clomid, as it brings the level of estrogen in the body to the optimal value.

Recovery of endogenous testosterone levels

Studies have shown that tamoxifen, if taken 1 tablet (20 mg) per day, is able to raise testosterone levels by 42% in 10 days of administration. If you take clomiphene 1-2 tablets per day, you get exactly the same result. In other words, no difference in the speed of recovery processes is observed, no matter which drug is used. In this case, a lot depends on the individual physical data of each athlete.

And now, the most important thing is the price and the possibility of side effects.

There is one truth that indicates that saving on your health is a thankless task and can lead to bad consequences. If there is no extra money and there is no way to purchase expensive high-quality drugs, then it is better not to start with taking various cheap things.

- Clomiphene Price
- Tamoxifen Price

As for the side effects, after taking the drugs, tamoxifen has a much larger set of harmful side effects.

Particular attention should be paid to the fact that it is much more toxic to the liver. The second factor that deserves attention is the increase in progesterone receptors, which makes this drug generally undesirable for use. Especially, this is true when nandrolone, trenbolone, oxymetholone and other drugs of this class were used. But even without taking these drugs, taking tamoxifen is not justified. In case of an increase in progesterone levels, you will have to temporarily say goodbye to libido and an erection, which is completely undesirable. And only after its level is optimized, you can count on the fact that this negative will die forever.

In conclusion, it should be said that clomiphene citrate, although much more expensive, is much safer than tamoxifen. It can be used after any cycle, without fear have a lot of trouble.

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