

Welcome to the Anabolic Steroid Calculator User's Guide!

This guide will guide you through a hypothetical steroid cycle step-by-step, in the process highlighting the major features of the calculator. Where possible, screenshots are included to help you navigate each step.

Disclaimer

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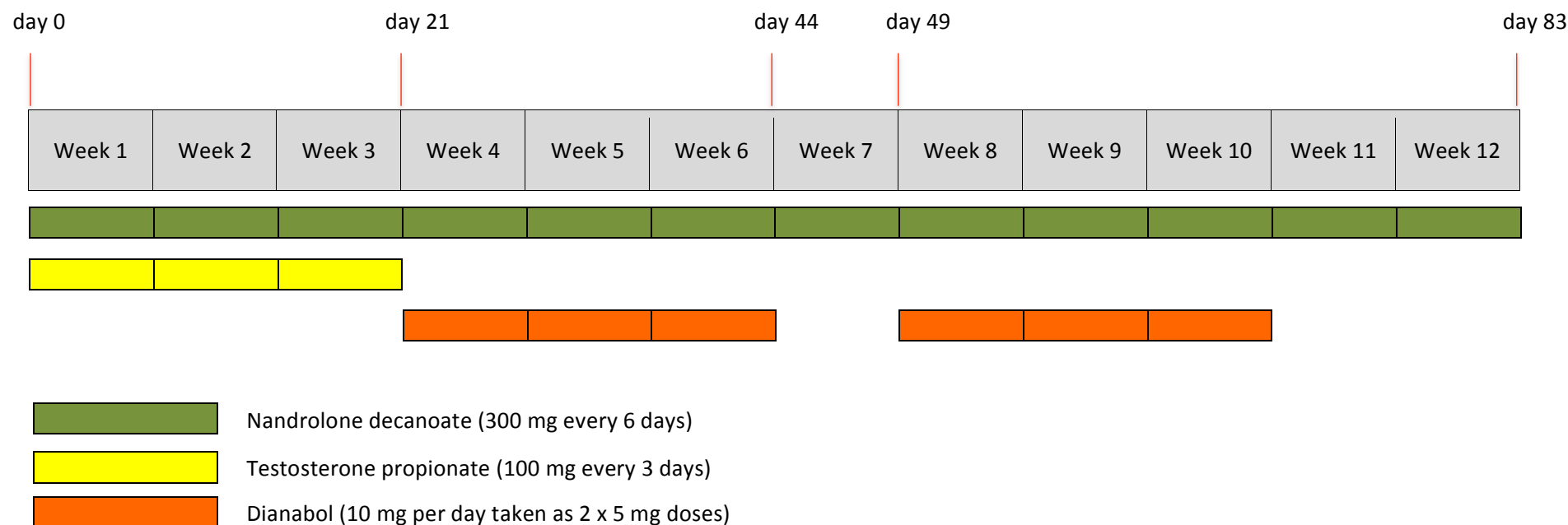
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Hypothetical Scenario

This guide will guide you through the steps necessary to enter the data for a hypothetical scenario. Let's suppose you decide to do a steroid cycle for 12 weeks:

- Week 1-12: Nandrolone Decanoate – 300 mg every 6 days. *Your vial contains 200 mg per mL. Each vial holds 10 mL.*
- Week 1-3: Testosterone Propionate – 100 mg every 3 days. *Your vial contains 100 mg per mL. Each vial holds 10 mL.*
- Week 4-6: Dianabol – 20 mg daily, split into morning and evening doses. *Your tablet strength is 10 mg per tablet.*
- Week 8-10: Dianabol – 20 mg daily, split into morning and evening doses. *Your tablet strength is 10 mg per tablet.*

This is shown in the schematic below.



Entering Drug Details

1. Click on sheet **Drug Input**
2. In cells **L26**, **M26**, **N26**, **R26** and **S26** enter **200**, **10**, **Nandrolone Decanoate**, **6** and **0**, respectively;
3. In cells **L28**, **M28**, **N28**, **R28** and **S28**, enter **100**, **10**, **Testosterone Propionate**, **3** and **0**, respectively;

INJECTION SCHEDULE							
Drug	Concentration (mg/mL)	Vial Volume (mL)	Name	Half Life	Units	Dosage Interval (days)	Start Day
1	200	10	Nandrolone Decanoate	8	days	6	0
2	100	10	Testosterone Propionate	3	days	3	0

4. Select the half-life (days) for each injectable component from the corresponding pull down box. In this example, we will use Nandrolone Decanoate (8 days), Testosterone Propionate (3 days). For guidance on selecting half-lives, see www.anabolicsteroidcalculator.com/pharmacology101.php;
5. Press **Set Schedule 1**. Press **Set Schedule 2**. The dosage schedule for each drug will be set, allowing data to be entered in stepwise fashion on sheet **Dosage Schedule** (see page 5);

Entering Drug Details (cont.)

6. In cells **L45** and **M45** enter **10** and **Dianabol**, respectively;
7. Select the half-life (hours) from the adjacent pull-down box. In this example, we will use Dianabol (5 hours);

ORAL SCHEDULE				
Drug	Strength (mg/tablet)	Name	Half Life	Units
7	10	Dianabol	5	hours

8. Press **Go To Dosage Schedule**;

Note: cells under the “Units” heading are color coded as follows:

RED: schedule has not been set;

GREEN: schedule is set, no data has been entered;

YELLOW: schedule is set, data has been entered.

Entering Data in the Dosage Schedule (Injectable Component)

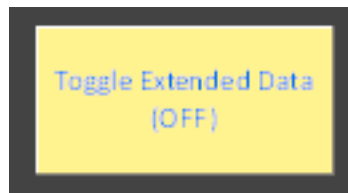
9. Enter the starting date in cell **E49** (dd-mmm-yy format). eg. **07-apr-11** (the date used in this example);
10. In the UNITS pull-down menu above “Nandrolone Decanoate”, select “mg”. You may use “mg” and “mL” interchangeably (see point 11); In cells **G49**, **G55**, **G61**, **G67**, **G73**, **G79**, **G85**, **G91**, **G97**, **G103**, **G109**, **G115**, **G121** and **G127**, enter **300**.

UNITS	mg	▼
Half Life = 8 days		
Nandrolone Decanoate		

76		522.66
77		479.28
78	300	739.51
79		678.13

the highest effective concentration as shown in the effective dose column

TIP: Note the values in the adjacent “Effective Dose” column – these values indicate how the dosage concentration decays with time. The magnitude is dependent on the half-life that is selected in step 4. The highest effective concentration attained is highlighted by a yellow cell with green text. It is possible to have multiple instances of highlighted cells, if the exact concentration is attained more than once. Conversely, sometimes it may appear that two numbers are the same, yet only one is highlighted. In this case, the numbers will differ beyond the second decimal point, which is not shown.



By default, effective dose values are displayed for 20 weeks. In some cases you may want to observe the behavior of the effective dose past the 20 week limit. If you wish to extend the display, press **Toggle Extended Data**. An additional 61 days of data (for a total of 200 days) is displayed.

Entering Data in the Dosage Schedule (Injectable Component) (cont.)

11. In the UNITS pull-down menu above “Testosterone Propionate”, select “mL”. When “mL” is selected, you must ensure that the concentration of the injectable component (mg per mL) is entered correctly in cell **L28** on the **Drug Input** sheet (step 3). In cells **I49**, **I52**, **I55**, **I58**, **I61**, **I64**, **I67**, enter **1**.

UNITS	mL	▼
Half Life = 3 days		
Testosterone Propionate		

Note: “mL” is used in this example merely to demonstrate the use of “mL” in place of “mg” as the primary unit. You may choose solely “mg”, or solely “mL”, or a combination of both for all of the injectable components of your cycle.

Entering Data in the Dosage Schedule (Oral Component)

12. In cell **AA49**, enter **28-apr-11** (corresponding to the beginning of week 4). Each oral block (a total of 3 blocks corresponding to 3 possible oral drugs) can accommodate 8 weeks of oral dosing. The starting date must fall between the two dates shown in the grey cell above each block. These dates are calculated based upon the initial cycle starting date entered in step 9.

Entering Data in the Dosage Schedule (Oral Component) (cont.)

?	START DATE MUST OCCUR BETWEEN:				
	07-Apr-11		and	30-Jun-11	
Dianabol (Half Life = 5 hours)					
Week	Date	Cycle Day	Time	Oral Dosage (mg)	Effective Dose (mg)
	28-Apr-11	21	am	10	10.00

Tip: if you want to dose the same oral drug for longer than 8 weeks, set the starting date of the oral block 2 as the finishing date of oral block 1 plus one day.

11	22-Jun-11	76	

end of block 1

Week	Date	Cycle Day
12	23-Jun-11	77

start of block 2

Entering Data in the Dosage Schedule (Oral Component) (cont.)

13. In the UNITS pull-down menu above “Dianabol”, select “mg”. Enter **10** in each cell in column AE adjacent to both “am” and “pm” in column AD, corresponding to weeks 4, 5, 6 and 8, 9, 10. This refers to a dosage of 10 mg of Dianabol each morning and evening.

Tip: Alternatively, you could have selected “tab” in the UNITS pull-down menu, and entered **1** in each cell instead of **10**, corresponding to a dosage of 1 tablet of Dianabol each morning and evening. When “tab” is selected, you must ensure the tablet strength is entered correctly in cell **L45** on the **Drug Input** sheet.

Clear Schedule 7

UNITSmg▼

START DATE MUST OCCUR BETWEEN:
07-Apr-11 and 30-Jun-11

Dianabol (Half Life = 5 hours)

Week	Date	Cycle Day	Time	Oral Dosage (mg)	Effective Dose (mg)
4	28-Apr-11	21	am	10	10.00
			mid		1.89
			pm	10	10.36
4	29-Apr-11	22	am	10	11.96
			mid		2.27

using “mg” as units (note how the effective dose values are identical to those for the “mL” example below)

Entering Data in the Dosage Schedule (Oral Component) (cont.)

Clear Schedule 7

UNITS

tab ▼

START DATE MUST OCCUR BETWEEN:
 07-Apr-11 and 30-Jun-11

Dianabol (Half Life = 5 hours)

Week	Date	Cycle Day	Time	Oral Dosage (tab)	Effective Dose (mg)
4	28-Apr-11	21	am	1	10.00
			mid		1.89
			pm	1	10.36
4	29-Apr-11	22	am	1	11.96
			mid		2.27

using "tab" as units (note how the effective dose values are identical to those for the "mg" example above)

Cycle Statistics

14. Click on sheet **Drug Input**
15. Observe the “Total Injectables” and “Total Orals” tables. Your total dosage requirements are outlined here, including the number of vials and tablets required to complete your cycle. The number of vials and/or tablets calculated is directly related to the vial volume (mL), injectable concentration (mg per mL) and tablet strength (mg) you entered in steps 2, 3 and 6.

TOTAL INJECTABLES				
GROSS TOTAL (mg)	GROSS TOTAL (ml)	YOU WILL NEED		Drug
4200	21.00	2.1	VIAL(S)	1
700	7.00	0.7	VIAL(S)	2
Enter Vial				

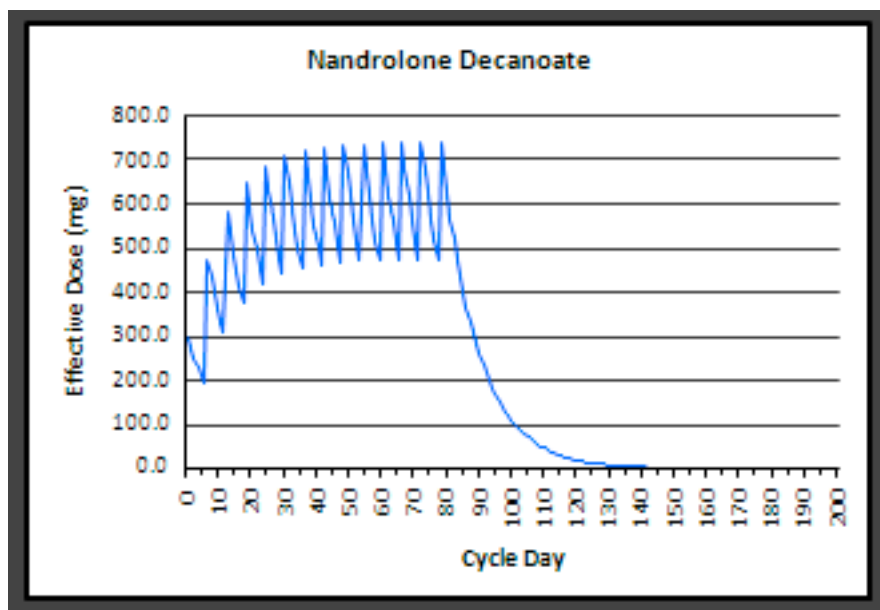
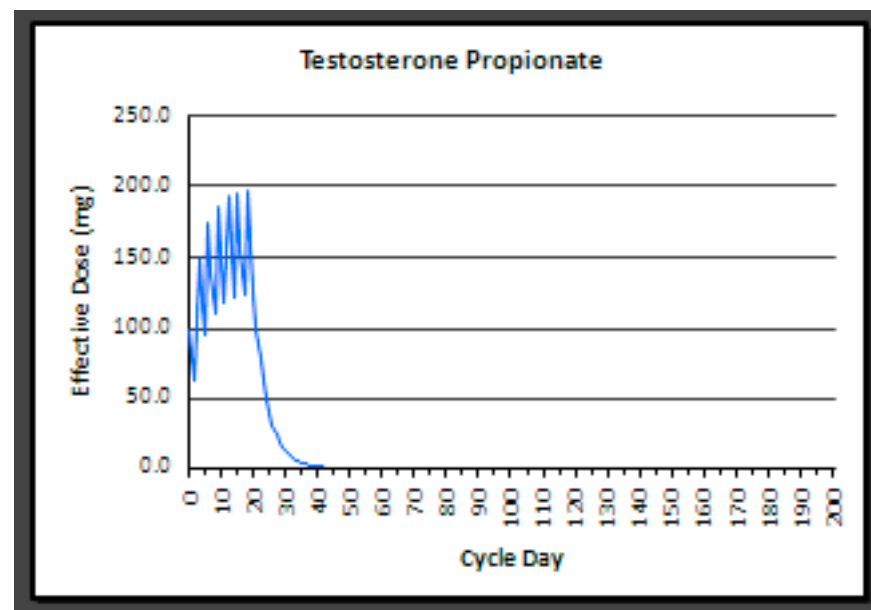
TOTAL ORALS			
GROSS TOTAL (mg)	YOU WILL NEED		Drug
840	84	TABLETS	7
Enter Tablet			

Tip: Use the volume correction menu to account for incidental volume losses. The number of vials you will need will be automatically recalculated based on the correction value chosen (10% or 20%).

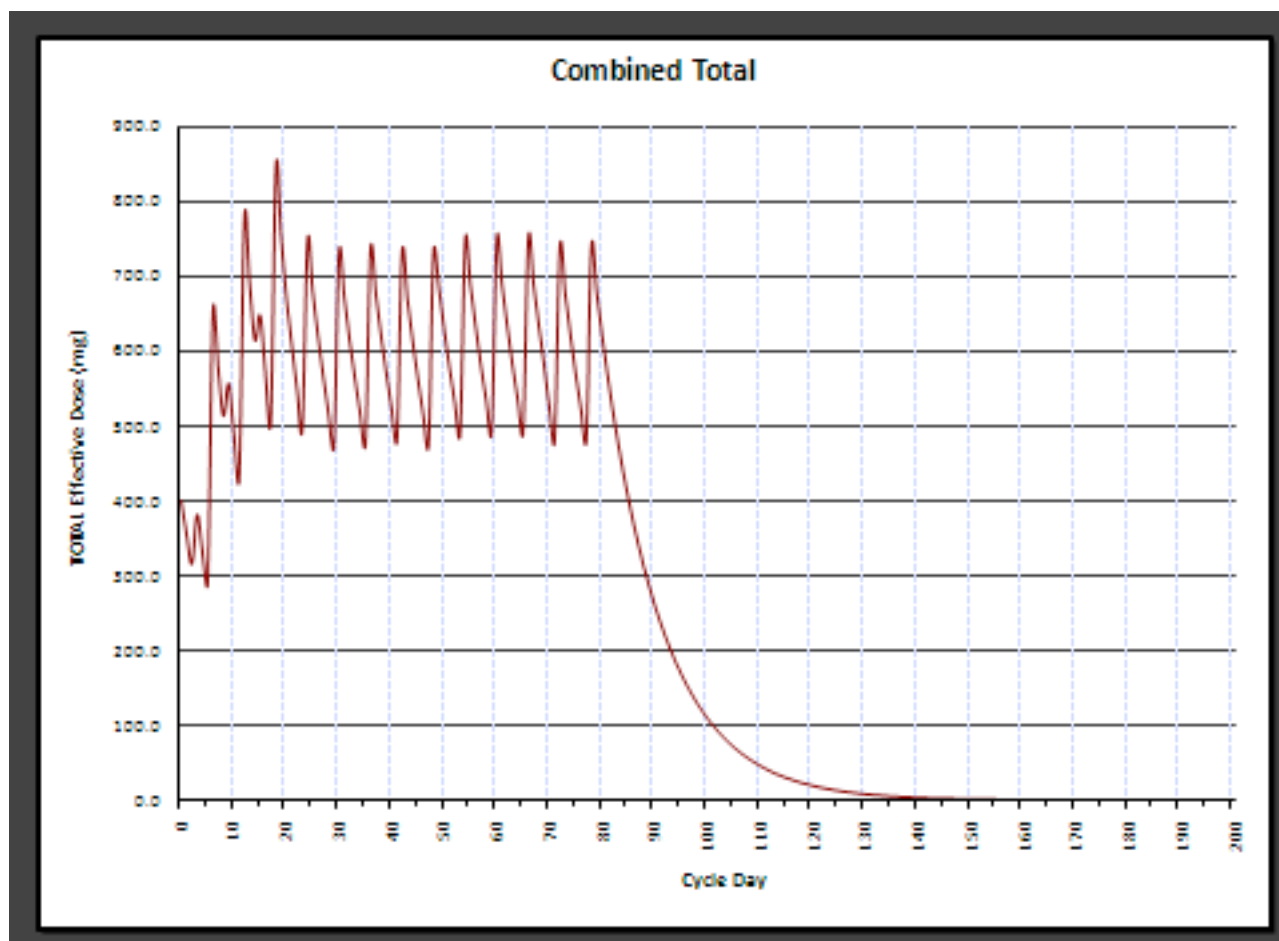
Volume	
Apply % Volume Correction?	10 None 10 20

Dose-Response Curves

16. Click on sheet [Dosage Schedule](#)
17. The dose-response curves plot Effective Dose versus Cycle Day. It is important to realize that it is the **effective dose** and *not* the injected dose that is used in each plot. The graphs for each component should look like the following:

*Individual graph 1**Individual graph 2*

Dose-Response Curves (cont.)



Summation of the two graphs on P.11 highlighting the additive effect of the two individual drugs

Note: dose-response curves are only shown for the injectable components of a cycle; oral components are not graphed because their overall contribution is relatively small compared to injectables, and thus they do not contribute significantly to the overall shape of the "Combined Total" dose-response curve.

Dose-Response Curves: Exporting

18. Each dose-response curve in sheet **Dosage Schedule** can be exported as an image for safe keeping. To export a chart, simply press **Chart Export** corresponding to each individual chart. The chart is then copied to sheet **Chart Export**. On sheet **Chart Export** press **Export Chart as .png**, and select the destination folder. All charts are exported in PNG format, with dimensions 629 x 420 pixels. Alternatively, press **Print Chart** to print the chart directly from sheet **Chart Export**.

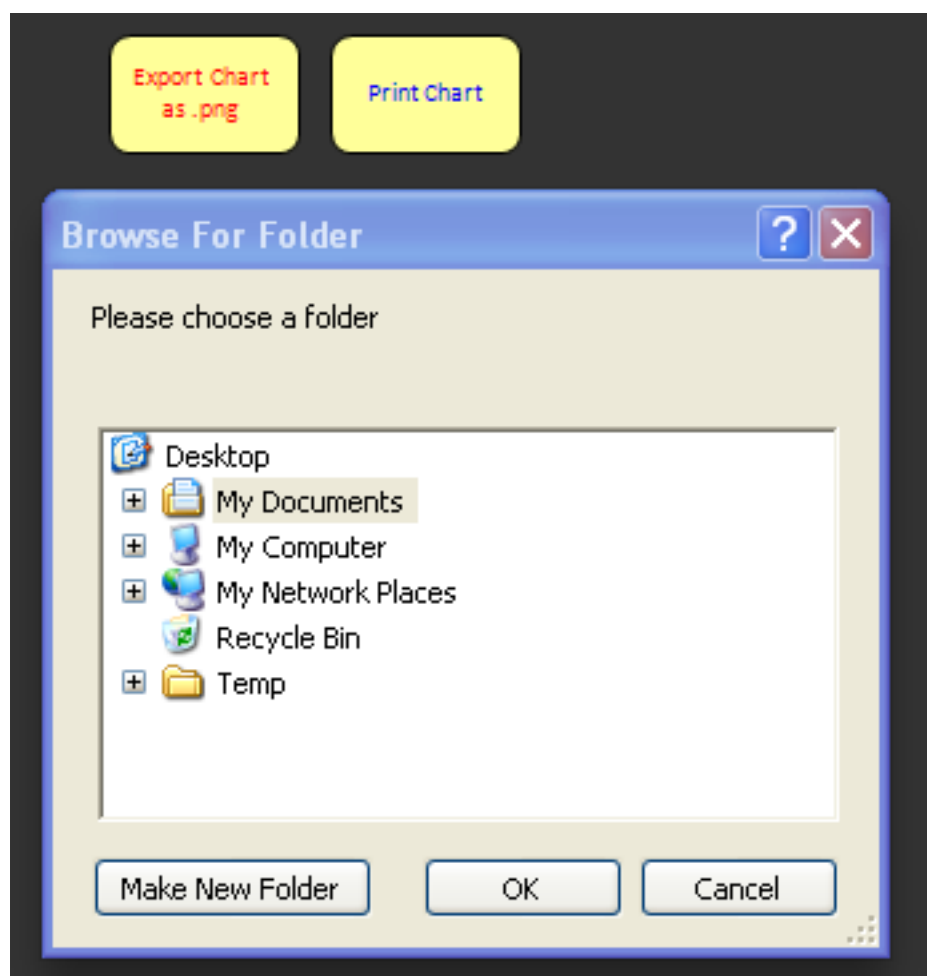


Image files are automatically named according to the individual drug names entered in sheet **Drug Input**, with the exception of the “Combined Total” chart, which is named “Combined Total.png”.

If you do not enter a drug name in sheet **Drug Input**, the name will default to “0.png” (zero).

If the filename already exists in the specified folder, it will be overwritten automatically when a new chart is exported.

Daily Summary

19. Click on sheet [Daily Summary](#). Each injectable component of your steroid cycle is summarized in *numerical* format on this sheet, including gross quantity injected, the effective dose, and the cumulative total dose. It is important to note that each entry corresponds to individual **dosage days**.

The units displayed (ie, mg or mL) for each component reflect the units chosen in sheet [Dosage Schedule](#). Each summary can be printed.

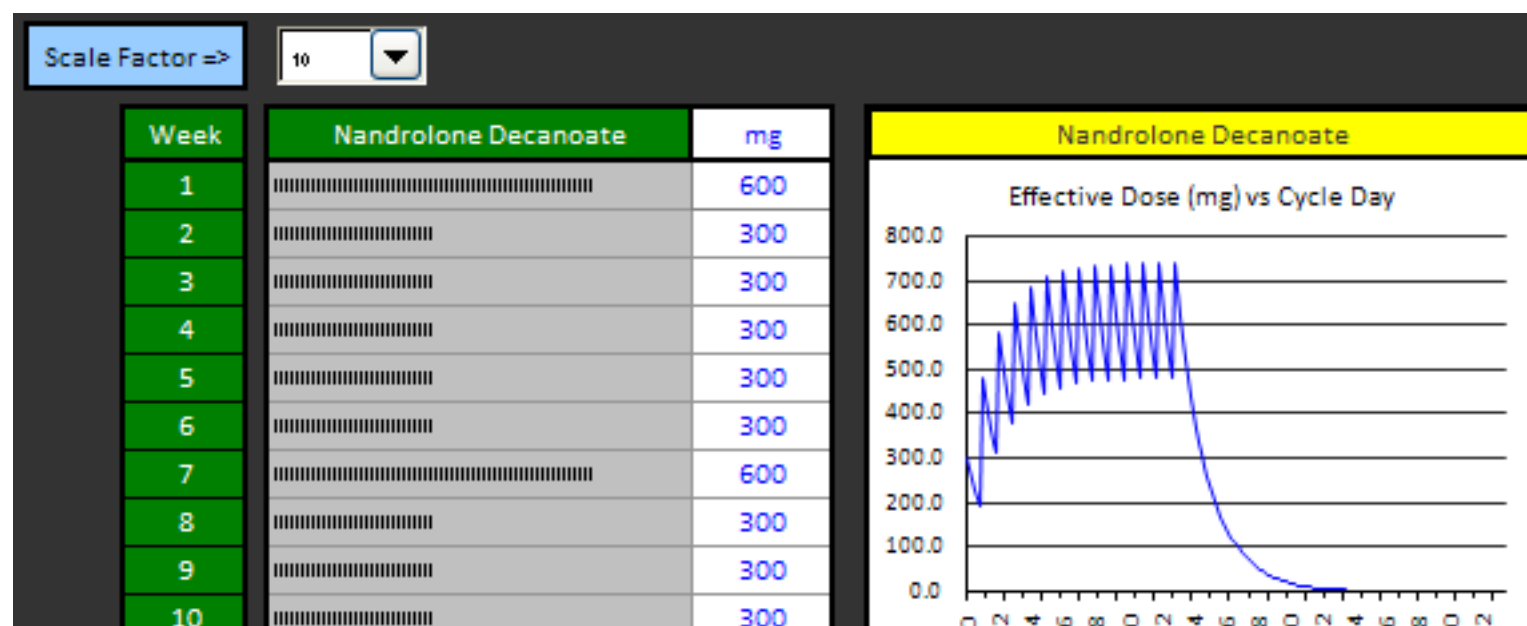
Page 1				
Nandrolone Decanoate				
Date	Cycle Day	Injection Amount (mg)	Effective Dose (mg)	Cumulative Injected Total (mg)
07-Apr-11	0	300	300	300
13-Apr-11	6	300	478	600
19-Apr-11	12	300	584	900
25-Apr-11	18	300	648	1200
01-May-11	24	300	685	1500

Page 5				
Testosterone Propionate				
Date	Cycle Day	Injection Amount (mL)	Effective Dose (mg)	Cumulative Injected Total (mL)
07-Apr-11	0	1	100	1
10-Apr-11	3	1	150	2
13-Apr-11	6	1	175	3
16-Apr-11	9	1	188	4
19-Apr-11	12	1	194	5

20. Click on sheet **Weekly Summary**.

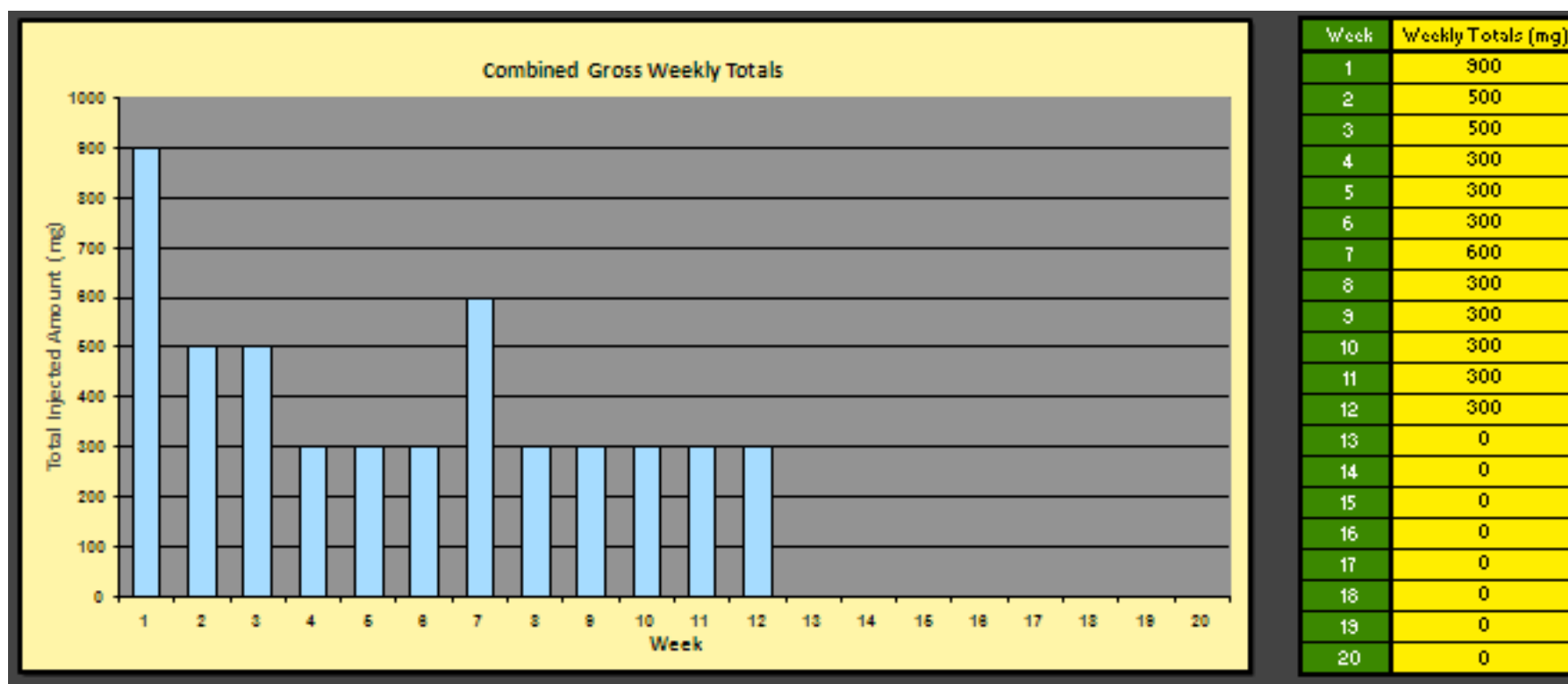
Individual dose-response curves for each injectable component from sheet [Dosage Schedule](#) are reproduced to assist in comparing **gross weekly** doses with **daily effective** doses.

TIP: (i) if the horizontal bar-graph display is either too small or off scale, adjust the scale factor by selecting a value from the pull-down menu; (ii) Units can be displayed in both “mg” or “mL” by selecting from the “units” pull-down menu-the selection is applied globally.



Weekly Summary (cont.)

On sheet [Weekly Summary](#), a bar graph is also provided to indicate the **total gross** amount of steroid injected per **week**. All six injectable components are added together and displayed as a function of week number.



Cycle Summary

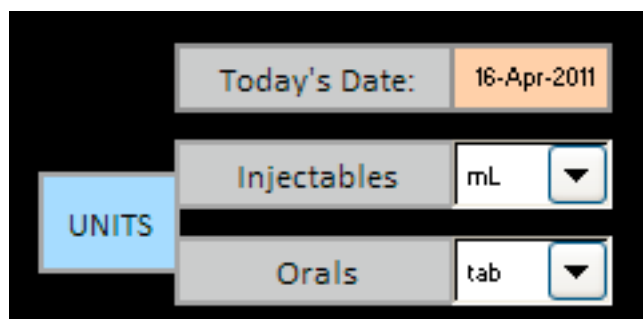
21. Click on sheet [Cycle Summary](#).

This sheet provides a printable daily summary of your entire cycle, referenced against date. With this summary, you will know at any given time exactly where you are in your cycle. You can add (type) comments in the “comments” column, and in the “notes” section at the bottom of the summary.

	Page 1											
	Date	Cycle Day	Nandrolone Decanoate	Testosterone Propionate	Drug Name 3	Drug Name 4	Drug Name 5	Drug Name 6	Dianabol	Drug Name 8	Drug Name 9	Comments
Week 1	07-Apr	0	1.5	1								add your comments here
	08-Apr	1										
	09-Apr	2										
	10-Apr	3		1								
	11-Apr	4										
	12-Apr	5										
	13-Apr	6	1.5	1								
Week 2	14-Apr	7										
	15-Apr	8										
	16-Apr	9		1								
	17-Apr	10										
	18-Apr	11										
	19-Apr	12	1.5	1								

Cycle Summary (cont.)

If the current date (April 16th in this example) happens to fall within the date range of your cycle, the current date will be highlighted in orange. This provides a quick reference indicator as to what dosage, if any, is due on the exact day you inspect the summary.



The screenshot shows a form with three main sections. The first section is labeled 'Today's Date:' and has a date field containing '16-Apr-2011', which is highlighted in orange. The second section is labeled 'Injectables' and has a unit dropdown menu showing 'mL'. The third section is labeled 'Orals' and has a unit dropdown menu showing 'tab'. A blue box labeled 'UNITS' is positioned to the left of the 'Injectables' and 'Orals' sections.

TIP: units can be displayed in either “mg” or “mL” for injectable components, and “mg” or “tab” for oral components via the pull-down menu. In the current example, the units selected are “mL” and “tab”, respectively.

PCT Calculator

22. Click on sheet [Dosage Schedule](#).

In the current example, let's suppose you want to start your PCT when the **combined total effective dose** approximates 50 mg. To avoid having to scan down column T in sheet [Dosage Schedule](#) in order to find the date corresponding to a value that approximates 50 mg in column X, you can use the PCT calculator. Enter **50** in the calculator, and select a tolerance level of 5% from the pull-down menu.

PCT Calculator (cont.)

The date when the **combined total effective dose** approximates 50 mg is returned (25-Jul-11). This date is also highlighted in the **combined total effective dose** column, and on sheets [Drug Input](#) and [Cycle Summary](#).

PCT	Start count from DAY =>	0	Start Date	?
			25-Jul-11	
	Commence PCT when COMBINED TOTAL effective dose approximates (mg) =>	50	Manual Input?	%Tolerance
			N ▼	5.0% ▼

23-Jul-11		107	53.5
24-Jul-11		108	55.0
25-Jul-11	<= PCT =>	109	50.4
26-Jul-11		110	46.2

*highlighted date in the combined
total effective dose column*

TIP: If the search returns a date that is slightly incorrect, you can adjust the % tolerance setting to fine tune the result. In this example, the calculator will search for the first instance of a value between 47.5 - 52.5, ie. $50 \pm 5\%$.

By default, date searching begins from day 0 (indicated in the grey cell in the image above). On occasion, you may want the search to commence from a different day. This is especially important if there are fluctuations in the total effective dose in the early stages of your cycle, and the value you are searching for occurs early on, and/or more than once.

PCT Calculator (cont.)

To manually select the day from which to begin date searching, select “Y” in the Manual Input pull-down menu, and enter the day number as shown below.

PCT	Commence PCT when COMBINED TOTAL effective dose approximates (mg) =>	50	Manual Input? Y ▼
	Start count from DAY =>	110	Start Date invalid

For example, enter **110** as the day you would like to start counting from. In this example, the start date returned is invalid as there are no instances of the value $50 \pm 5\%$ from day 110 onwards.

Peak to Trough Calculator

23. In the process of trying to optimize your cycle, you may want to adjust your dosage schedule(s) in order to smooth out any obvious concentration fluctuations in the “Combined Total” dose-response graph. The peak to trough calculator helps you do this by calculating the maximum dosage fluctuation between any peak and trough in the “Combined Total” dose response curve.

In the current example, let’s suppose that after looking at the “Combined Total” dose-response graph, you decide you want to calculate the maximum dosage fluctuation that occurs between the highest peak that occurs around day 20 and the remainder of the cycle prior to day 80 (where the cycle finishes and begins to decay to zero).

Peak to Trough Calculator (cont.)

TIP: To confirm on which cycle day the *highest* peak occurs, you can scan down column X and look for the number highlighted in green and yellow (846 mg on day 18).

16	503.0
17	503.0
18	846.0
19	751.3

In the peak to trough calculator, enter 80 and 18 for day 1 and day 2 (it does not matter in which order they are entered-the end result will be the same). The value “374 mg” is returned. Therefore, between days 30 – 80, the maximum dosage fluctuation (measured as ***total effective dose***) in your cycle will be 374 mg.

PEAK to TROUGH		
Calculate maximum dosage fluctuation between two intervals:		
Day 1	<=>	Day 2
80	374 mg	18

Deleting/Modifying Dosage Schedules

24. There are several ways to modify/delete/update data in the dosage schedule and drug input sheets. Each component can be modified independently for maximum flexibility.

To reset a schedule with different parameters, overwrite the start day and/or dosage interval text.

For example, let's suppose you want to change the start day from day 0 to day 10, and the dosage interval from 6 days to 7 days for drug 1. Enter **7** and **10** as indicated below, then press **Set Schedule 1** to reset the schedule according to the new parameters. Enter your new dosage data on sheet **Dosage Schedule** in a similar manner to what was done previously in steps 10 and 11.

Drug	Concentration (mg/mL)	Vial Volume (mL)	Name	Half Life	Units	Dosage Interval (days)	Start Day
1	200	10	Nandrolone Decanoate	*	days	7	10

note how the "days" cell becomes green, indicating that the schedule has been cleared and reactivated

Drug	Concentration (mg/mL)	Vial Volume (mL)	Name	Half Life	Units	Dosage Interval (days)	Start Day
1	200	10	Nandrolone Decanoate	*	days	7	10

once new dosage data has been entered, the "days" cell will become yellow, indicating that the schedule is both active and contains dosage data

Deleting/Modifying Dosage Schedules (cont.)

UNITS .. v		
Half Life = 8 days		
Nandrolone Decanoate		
Cycle Day	Injection Amount (mg)	Effective Dose (mg)
0		0.00
1		0.00
2		0.00
3		0.00
4		0.00
5		0.00
6		0.00
7		0.00
8		0.00
9		0.00
10		0.00
11		0.00
12		0.00
13		0.00
14		0.00
15		0.00
16		0.00
17		0.00
18		0.00

Clear Schedule 1		
UNITS .. v		
Half Life = 8 days		
Nandrolone Decanoate		
Injection Amount (mg)	Effective Dose (mg)	
	0.00	
	0.00	
	0.00	
	0.00	
	0.00	
	0.00	
	0.00	
	0.00	
	0.00	
	0.00	
	0.00	
	0.00	
	0.00	
	0.00	

Pressing "Clear Schedule 1" would produce the result shown above

Alternatively, you can clear all data from the dosage columns on sheet **Dosage Schedule** prior to entering new parameters on sheet **Drug Input**.

On sheet **Dosage Schedule**, press **Clear Schedule 1** for drug 1, **Clear Schedule 2** for drug 2, and so on. All data from the dosage and effective dose columns is deleted.

based on the new settings in step 24, the start day is now highlighted at day 10, and the dosage interval is now 7 days after "Set Schedule 1" has been pressed

Deleting/Modifying Dosage Schedules (cont.)

Pressing **Clear Schedule 1** also results in the following:

Drug	Concentration (mg/mL)	Vial Volume (mL)	Name	Half Life	Units	Dosage Interval (days)	Start Day
1	200	10	Nandrolone Decanoate	v	days	6	0

note how the “days” cell becomes red (indicating the schedule has been cleared and is no longer active) but that the original text entries for drug 1 remain unaffected

TIP: alternatively, you can delete the text entries *only* for drug 1 by pressing **Clear Drug 1** and **Clear Text 1**.

Drug	Concentration (mg/mL)	Vial Volume (mL)	Name	Half Life	Units	Dosage Interval (days)	Start Day
1				v	days		

note how the “days” cell remains yellow, as clearing the text does not clear or deactivate the schedule