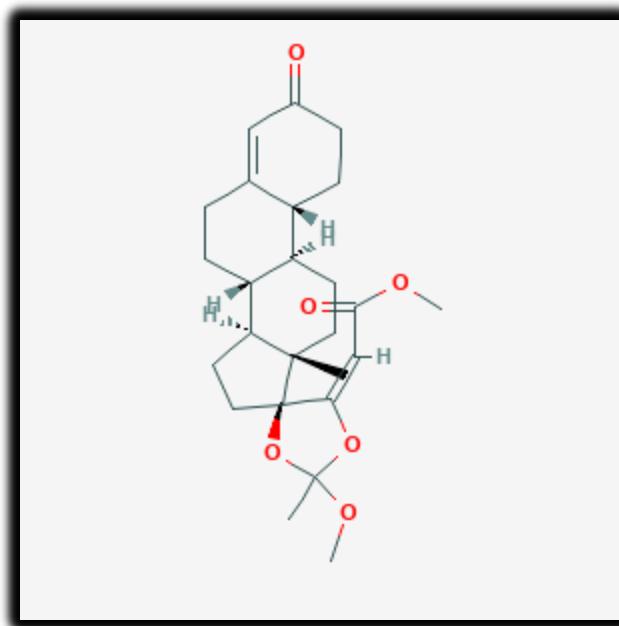


YK-11

METHYL(2E)-2-[(8R,9S,10R,13S,14S,17S)-2'-METHOXY-2',13-DIMETHYL-3-OXOSPIRO[1,2,6,7,8,9,10,11,12,14,15,16-DODECAHYDROCYCLOPENTA[A]PHENANTHRENE-17,5'-1,3-DIOXOLANE]-4'-YLIDENE]ACETATE



HALF-LIFE: Unclear

DOSE: 5-10 mg/day.

CYCLE LENGTH: 4-8 weeks

YK-11 is, without a doubt, the most interesting SARM in the market today. Why? Because it is both a DHT-derived Steroid and a SARM, and it supposedly does something that no other anabolic compound can do: Inhibiting Myostatin.

Unfortunately, YK-11 has never been tested and we have very little anecdotal information on this compound because it is rarely used by bodybuilders, despite its promising properties.

BENEFITS

MYOSTATIN INHIBITION

Myostatin is a protein that acts on the muscle cells to prevent muscle growth. From an evolutionary perspective, an extremely muscular body would be very inconvenient, so it makes sense for the body to have a mechanism that limits muscle growth.

The way YK-11 allegedly inhibits this protein is by inducing the production of Follistatin, an antagonist to Myostatin. The logic behind this mechanism is that the more you increase Follistatin, the less effective Myostatin will be at limiting muscle growth.

MUSCLE

Due to the limited amount of anecdotal information we have on this compound and the fact that it is usually stacked with other anabolics, it is hard to quantify how much muscle mass YK-11 will help you gain.

It is very anabolic so it will increase your muscle mass, but we don't know the extent to which it will do so, compared to other SARMs and steroids. YK-11 is often used as a "wingman", because it is theorized that by inhibiting myostatin, this SARM enhances the effects of the anabolics you stack it with.

STRENGTH AND PERFORMANCE

According to anecdotal information, YK-11 will make you a lot stronger. After all, it is a DHT derivative and such compounds are known for increasing strength, aggression and performance in the gym.

FAT LOSS

YK-11 does not burn fat directly, but like all anabolics it will retain and increase muscle mass while on a caloric deficit.

BONES AND JOINTS

YK-11, like all SARMs, will increase the density and strength of your bones.

DHT derivatives are known for causing dry joints, which can cause injuries to be more likely to happen. Some anecdotal reports indicate that YK-11 is no exception.

Furthermore, Myostatin may play a role in tendon health, so inhibiting it could have a negative effect on the strength of your tendons and make you more prone to injury.

You will learn how to protect your joints and tendons in the chapter about *On-Cycle Therapy*.

RECOVERY

YK-11 will make your recovery faster. You will feel less sore the next day and your muscles will be ready to work out again a lot sooner.

The extent to which YK-11 helps with recovery is unknown, but it should be very effective at doing so since it is derived from DHT.

COSMETIC BENEFITS

Since YK-11 is a DHT derivative, one can expect a hard, tight and vascular look from this compound.

Like S-23, it is often compared to Winstrol and Masteron, so cutting cycles with YK-11 are effective at bringing out the definition.

Pumps are also improved, and a more 3D look is guaranteed with this SARM.

OTHER BENEFITS

Being a DHT derivative, YK-11 could potentially boost libido and improve erectile function, but only in the presence of a Testosterone base.

SIDE-EFFECTS

TESTOSTERONE SUPPRESSION

It is unclear whether YK-11 only suppresses testosterone (like most SARMs do, and the DHT derivative Proviron does), or if it totally shuts down testosterone production (like the vast majority of DHT derivatives do).

Regardless, YK-11 is almost always stacked with other anabolics, so almost all users run it with a testosterone base and they have a PCT protocol in place. (More information on this in the chapters about *On-Cycle Therapy* and *Post-Cycle Therapy*).

The consequences of testosterone suppression or shutdown are:

- *Decreased libido*
- *Weaker erections*
- *Lethargy*
- *Lack of motivation*
- *Irritability*
- *Testicular atrophy*
- *Testicular pain*

It is worth noting that YK-11, like all SARMs, will decrease your SHBG. This will lead to an increase in your free testosterone levels which usually causes libido, motivation and well-being to improve during the cycle, but ONLY if you have a testosterone base.

CHOLESTEROL

YK-11, like all SARMs, will mess with your HDL and LDL cholesterol levels.

Your HDL (good) cholesterol will be significantly decreased, and your LDL (bad) cholesterol will probably increase.

The impact of YK-11 on the lipid panel will be harder than that of most other SARMs, and it will be comparable to that of actual oral steroids.

This side-effect will not manifest itself by impacting the way you feel, so you will have no symptoms. Getting bloodwork at the end of a cycle will show the true impact of the SARM on your lipid panel.

LIVER TOXICITY

Unlike the rest of SARMs, YK-11 is also a steroid and it is methylated. YK-11 is hepatotoxic, but according to anecdotal bloodwork, it is not as toxic as most oral steroids.

Regardless, one should stay away from alcohol and take some form of liver protection during a cycle.

ANDROGENIC SIDE-EFFECTS

Due to it being a DHT derivative, users can expect androgenic side effects such as acne, hair loss and increased aggression. Also, as mentioned previously, DHT compounds are known

for causing dry joints and joint pain, plus YK-11's myostatin inhibiting properties may worsen tendon strength.

OTHER SIDE-EFFECTS

Keep in mind that due to how rarely this SARM is used, there may be more side-effects that we don't know of, but the following side-effects can happen to anyone who uses SARMs and messes with his hormonal balance:

For example:

- **Gynecomastia:** The growth of breast tissue on males. This is an extremely rare side effect that is caused by an imbalance between your estrogen and testosterone levels. Men who have had pubertal gynecomastia are at risk of developing it if they take YK-11.
- **Insomnia:** This is another rare side-effect that some people experience. This one is entirely unpredictable but can be mitigated easily.

SARMs impact everyone differently. You may get insane amounts of acne in your face, but your friend's skin may improve on YK-11.

You will find more information on how to manage and mitigate some of these side-effects in the chapters about *On-Cycle Therapy* and *Post-Cycle Therapy*.

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