

Home / Products tagged "Sildenafil Citrate"

## Sildenafil Citrate

Sildenafil is a popular tool for improving erectile function in men, but recently this drug has found wider application both in medicine and in bodybuilding.

Many believe that Viagra is another nitrogen donor, but this is not so. It does not affect the level of NO, but the vessels in the muscles do expand. If true nitric oxide donors increase the level of NO, which increases the concentration of cellular cyclic guanosine monophosphate, as a result of which a cascade of reactions is triggered, which ultimately leads to relaxation of the vascular wall. Viagra blocks the enzyme phosphodiesterase-5, which destroys cyclic guanosine monophosphate, so its concentration also begins to increase, and the same end result is obtained.

There are a number of advantages that make the use of Viagra in bodybuilding the most promising. The drug slightly reduces blood pressure, has a positive effect on the heart, effectively improves blood flow in the muscles and causes a minimum of side effects.

Some mistakenly believe that taking Viagra causes a permanent erection, but this is not so. In the absence of sexual arousal (stimulation), an erection, as a rule, never occurs.

## Dosage

In bodybuilding, 25 mg at a time is considered a sufficient dosage. The best time to take is before and after training. On days of rest – the drug can not be taken, firstly, for economic reasons (on days of rest, the benefits are significantly lower), and secondly, so that the drug does not develop tolerance. The duration of the course is 3-4 weeks with daily intake, or 4-6 weeks when used only on training days.

## Sildenafil side effects

From the immune system: infrequently – hypersensitivity reactions (skin rash), allergic reactions.

From the side of the organ of vision: often – blurred vision.

From the side of the hearing organ: infrequently – sudden hearing loss, tinnitus, earache.

From the cardiovascular system: often – hot flashes; infrequently – tachycardia, palpitations, decreased or increased blood pressure, unstable angina pectoris.

From the blood and lymphatic system: infrequently – anemia, leukopenia.

From the side of metabolism and nutrition: infrequently – thirst, swelling, gout, uncompensated diabetes, hyperglycemia.

From the respiratory system: often – nasal congestion; infrequently – nosebleeds, rhinitis, asthma, dyspnea, laryngitis, bronchitis.

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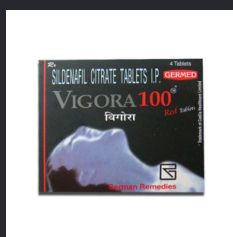
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