



SWOLE AF

EBOOK

ECDYSTERONE

EXPLAINED

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WHAT IS ECDYSTERONE?

There are many questions surrounding new supplements such as Ecdysterone. Does it really live up to the hype coming out of the weight lifting industry? According to a study conducted at Freie Universität in Germany, the compound referred to as ecdysterone may be an efficient supplement for improving muscle recovery and strength. Ecdysterone makes it possible to develop muscle and gain strength without using steroids or PEDs. You may still be wondering: is ecdysterone a type of steroid? Are ecdysterone supplements safe for humans? Dive into our ebook below and find answers to these questions and more.

Ecdysterone is a type of ecdysteroid compound that is naturally found in plants such as spinach and and broccoli. The compound is also prevalent in the body make-up of many different insects. Only with humans is taken in supplement form to enhance athletic performance and muscle gains.

Ecdysterone is a natural type of steroid which is derived from plants such as quinoa and spinach. Phytoscdysteroids are organic compounds and are not the same as synthetic anabolic steroids but behave in a healing and strengthening process.

- *alfa-ecdysone**
- *beta-ecdysterone**
- *20-hydroxy-ecdysterone**
- *spinach extract**

Is ecdysterone a type of hormone?

Take note that ecdysterone is a natural type of steroid, which is derived from specific plants, such as quinoa and spinach. Technically, it is a type of phytoecdysteroid. Steroids are organic compounds and not necessarily the same thing as those synthetic anabolic steroids.

The way these substances work is by increasing nitrogen retention and boosting protein synthesis. That's why protein is essential when you begin using it. The mixture will help you boost your endurance and muscle strength. All that in comparison with regimented workout sessions will make it possible for you to accomplish the body you have always wanted.



ECDYSTERONE

BENEFITS

Did you know that there are different types of photoecdysteroids? But ecdysterone has the most scientific data behind it making it the most desirable. That makes it the ideal option. It's considered a natural agent, and works by binding to the estrogen receptors within the body.

Keep in mind that ecdysterone works by boosting nitrogen retention and improving protein synthesis at the cellular level while also increasing endurance and strength. That's why you must raise your daily intake while using this product. It has also been shown that protein is a vital, if not crucial, component to the use of ecdysterone. So don't forget to eat big while training! Further, increased nitrogen retention and resistance training will encourage muscle growth, and as a result, see ecdysterone start to work.

This supplement is famous for a reason. It not only brings a huge number of benefits, but it has no adverse side effects. Among the mentioned benefits mentioned

ECDYSTERONE BENEFITS

- **Increased Protein Synthesis**
- **Increased Muscle Strength**
- **Anabolic Effect**

With that, you will feel more physically strong, and it will take longer for you to feel fatigued and exhaustion. Furthermore, after thorough research and study, there are many common benefits.

What are the health benefits of taking ecdysterone, and how could you use it for your good? Here are some of the common benefits we have gathered after thorough research and study.





INCREASED PROTEIN SYNTHESIS

Ecdysterone (plant- and insect-based) have been widely touted to boost muscle growth, accelerate recovery, and delay fatigue. From extensive research in humans and animals, it demonstrates that they can boost protein synthesis. It's also believed that Russian Olympics athletes have used the compound in the 1980s.

RECOVERY





INCREASED MUSCLE STRENGTH

Results also showed in a Professor Par study that the people who took ecdysterone had substantially higher increases in their muscle mass. In vitro tests replicated the findings, and his colleagues discovered that ecdysterone interacts with the estrogen receptor beta. The experiments also showed substantial “increases in bench performance.”

MUSCLE
DEFINITION





ANABOLIC EFFECT

It is believed that ecdysterone has anabolic effects mediated by its ER (estrogen receptor) binding properties. Erb signaling plays a vital role in regulating skeletal muscle growth and regeneration. Also, Ecdysterone supports muscle protein synthesis by influencing Akt/PI3K signaling pathways and assisting with digestion.

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HOW TO USE ECDYSTERONE

The precise ecdysterone dosage has not been determined yet, and it differs on the age, health, cardiac condition, current body mass, etc., of the user. That's why different users may find various dosages efficient.

One reliable source claims that the standard range of the ecdysterone dosage is 500 to 2,000mg per day. An extensive range of dosage and does not cover all individuals with different performance goals. It can also be discouraging to someone new to the subject.

As per a case study published in 2015, the doses utilized by bodybuilders are often 1,000mg each day. Another case study conducted more than ten weeks and included 46 young males who utilized a supplementary capsule with 100mg of ecdysterone from spinach extract found maximum results as long as a health diet was maintained.

The most critical variable of this study, however, was that later analysis of the supplements used had much less pure ecdysterone than what was originally thought to be.

Analysis proved that each capsule should have contained 100mg but in fact were diluted down to 6mg per capsule.

Unfortunately, this practice is very common when you purchase online. Many manufacturers will cut corners and look to save a few bucks by diluting their capsules with fillers or non-essential ingredients. Exactly why we at SWOLE AF take pride in our purity and quality. We strive for education and excellence with all of our products in order to provide our clients with the best products for the best possible prices.

Even with the diluted doses in the study, many participants demonstrated improvement in muscle strength and increase in muscle mass. It may be concluded that ecdysterone dosage as little as 48 mg every day, in its purest form, could have the same desired effect.

SWOLE AF ecdysterone capsules come on 350 mg dosages and are complexed with Hydroxypropyl-Beta-Cyclodextrin to increase absorption. Unlike other brands offering only 60 capsules, Swole AF offers 90 capsules.

It's important to understand that most supplement manufacturers dilute or "water down" their supplement formulations resulting in inaccurate amounts of steroid hormone present in each capsule. Make sure to buy from only the best brands.

ECDYSTERONE

SUMMED UP

In conclusion, one of the biggest takeaways is that ecdysterone is one of the safest, user-based and research-based supplements available on the market. Research has not shown any information to suggest that this naturally derived substance has any negative side effects.

The most important thing here is that ecdysterone is 100% safe with user-based and research-based evidence. We are yet to come across any piece of information that could connect this naturally-derived substance to any negative side effects.

We hope that you enjoyed our eBook, “Ecdysterone Explained.” Our objective is to inform and provide valuable information so that you can make the best decisions about the supplements you purchase.

**NO KNOW
Side Effects**

FINDING THE BEST ECDYSTERONE

Ecdysterone is considered to be safe as long as it is not overused. In America, it is currently not prohibited or treated like a steroid. Nonetheless, it is on World Anti-Doping Agency's (WADA) 2021 Monitoring Program List. That only suggests that WADA plans to collect more details about the substance to identify if it must be banned or not.

One of the most dependable studies stated above discovered that taking ecdysterone in supplement form didn't lead to kidney or liver toxicity symptoms. It also appears to result in fewer side effects, unlike other steroid drugs, such as changes in sleep, hair growth, libido, mood, and appetite.

To prevent potential side effects, ensure you only buy a premium quality ecdysterone supplement from a trusted, reputable brand. Some studies recommend that combining ecdysterone with cyclodextrin could help enhance the absorption of this compound. Therefore, we suggest that you look for an ecdysterone supplement that "stacks" those two components together.

THE BEST ECDYSTERONE SUPPLEMENTS ON THE MARKET HANDS DOWN

Science inside all products

Made with high quality ingredients

The best customer support



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Ecdysterone: Health Benefits, Side Effects, Uses

Spinach Extract Improves Athletic Performance, Study

Shows Ecdysterone Guide: How It Works, Benefits, Best

Dosage & More Phytoecdysteroids increase protein

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Ecdysteroids as a nonconventional anabolic agent:

performance enhancement by ecdysterone supplementation

in humans

***These statements have not been evaluated by the
Food and Drug Administration.**

**These products are not intended to diagnose, treat,
cure or prevent any disease.**