

TURKESTERONE HANDBOOK

PRESENTED BY SWOLE AF NUTRITION



THE FOCUS IS PHYSICAL FITNESS


In this EBOOK we'll explore the topic of Turkesterone. As always, we are focused on helping you meet your fitness goals. Everything written in this document is centered around how Turkesterone can help take your fitness to the next level. At Swole AF we pride ourselves on providing the best supplements to help keep our customers in their optimal physical shape. All our research and products are focused on the best interest for your physical fitness.

If there were a way to boost your physical wellbeing right now, then perhaps you want to know what it is. We will give you an essential way of improving your physical health, starting today.

Many people are facing physical ailments. There has been a rise in sickness because of the causes like noise, pollution, stress, poor sanitation, adulterated food, etc. Even if we have the right tools to keep healthy, we can't find time to do that.

We at Swole AF believe that it is vital for us to be in tune with our body and listen to what it has to say. Our bodies have their own exceptional ways of telling us if it's feeling bad or good and when it requires something from us. Our bodies strive daily to keep up with our hectic lives; exchanging it is a job to ensure our physical wellbeing is of prime importance.

At Swole AF, we pride ourselves on providing the best supplements to help keep our customers in their optimal physical shape. All our research and products are focused on the best interest of your physical fitness, and one of the latest and effective products we offer is Turkesterone.



TURKESTERONE HANDBOOK CONTENTS

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WHAT IS TURKESTERONE?

CHAPTER 1



WHAT IT'S ALL ABOUT

Turkesterone, also called ecdysteroid, is a natural fitness and health supplement that creates a considerable anabolic effect on your muscles. It is considered a hormonal steroid that is taken out from Marla Root or Leuzea Plant; both are native to many countries in Africa, Asia, and Europe.

A lot of medical researchers and sports experts have stated that this supplement works like a steroid, not like the synthetic types; it is 100 percent natural. It is also legal and does not cause any harmful effects. This is also labeled as the best legal supplement available on the market by medical researchers at this point. Turkesterone has the capability to help treat various medical conditions like obesity and diabetes.

The anabolic activity of this supplement is speculated to exist because of its very identical molecular structure to testosterone. In short, this health and fitness supplement has an extremely similar effect on the body as natural or pure testosterone does, which is why it is renowned for being one of the best anabolic supplements available on the market right now.

What makes Turkesterone apart from the rest is that it does not bind to androgen receptors, so it means that you are able to acquire the muscle development effects of steroids without the nasty and harmful effects similar to PEDs.

Many health advantages have been cited as being linked to this natural health and fitness supplement aside from effective treatment for obesity and diabetes. A lot of users have reported a considerable and fast fat and weight loss that they experience just a few weeks of adding this supplement to their daily diets.



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...turkesterone is not an easy supplement to get your hands on!

In spite of the popularity of this health and wellness supplement, it is not an easy supplement to get your hands on. Many fake products or low-quality Turkesterone supplements are being sold online. We at Swole AF have a dedicated Turkesterone supplement, superior to any other on the market.

AVAILABLE **NOW** AT SWOLE-AF!

BUY TURKESTERONE

WHAT DOES TURKESTERONE DO?

CHAPTER 2



IT HACKS **THE** STRESS!

Turkesterone supplements work by hacking the stress response of your body and regulating a stable balance in the adrenal, hypothalamic as well as pituitary glands. These glands generate hormones separately, which regulate your mood, body's growth, vision, blood pressure, and many others.

Many research and scientific studies have been done to analyze the effects of this supplement, and no adverse harmful effects have been discovered. Now, that is no to say that this health supplement is totally worry-free, as there's some anecdotal proof that suggests taking Turkesterone on an empty stomach might lead to stomach upset and nausea, a harmful effect which is often linked with taking this health supplement in capsulated form. On the other hand, people experienced minor side effects when taken on an empty stomach.

Many brands sell 60 capsule 500mg bottles which doesn't make much sense from a pharmacokinetics standpoint. Turkesterone has a half-life of 4 to 9 hours. What this means, is it should be taken three times daily to keep optimal blood plasma levels. Ours has 90 capsules with an even higher dosage of 550mg per capsule. This allows for proper administration, maximizing Turkesterone's effectiveness.





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Why choose us?

Why was Swole AF Nutrition created? It was made for the go getter and the weekend warrior. It was made for those who strive for perfection because they refuse to accept mediocrity. It was made for you because you're a fighter. You get out of bed every morning to face the day with tenacity and grit. You go to your nine to five, and give it your all despite the ache your uncomfortable office chair has given you. What's more, your hard work isn't over; you still have to hit the gym.

YOUR **TRUSTED** BRAND!

BUY TURKESTERONE

HOW MUCH DO I TAKE?

CHAPTER 3



THE SUGGESTED DOSAGE

How much do you really need to take to make the best out of the benefits offered by Turkesterone supplements? Well, the good news is Swole AF has the perfect dosage in their supplement to get the health and fitness benefits stated above. Research and scientific studies did have found out that even if you take a small dose a day, the Turkesterone supplement will boost your muscle mass, reduce muscle fatigue due to workout, improve your mood and stamina, improve your libido, and so forth.

The ideal dosage for this supplement is to take 1 Capsule 3 times daily. This dosage is for adults, and the capsule must be consumed after taking your meal in order to avoid side effects like stomach upset.

Recommended Guidelines

The Turkesterone supplement dosage for the Swole AF capsules are below.

- 550mg
- 90 capsules per container

If your objective is to boost your muscle mass, improve lean muscle, then it is highly advisable to stick to the suggested use.

Also, the right dosage of taking these supplements depends on various factors like your wellbeing, age, and many other conditions. So, it is essential to follow relevant directions on the label of the product, and don't forget to consult your physician or pharmacist, or other healthcare experts prior to taking this supplement.

Are you ready to buy?

Do you want to improve your muscle or build lean muscle mass without those harmful effects, then it is the right time to try Turkesterone supplements.



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Are you ready to buy yet?

The research was conducted linking Turkesterone and its immune system stimulant to boost response in humans, which includes recovery time, memory improvement, and sexual drive. This is not a steroid, even if it has the capability to build up lean muscle in the same way as anabolic steroids. Not like recreational steroids that can cause breast growth in men, aggression, baldness, hardening of arteries and liver damage, the side effects are only mild.

TURKESTERONE HAS **MASSIVE** BENEFITS

BUY TURKESTERONE CAPSULES NOW

WHEN DO I TAKE TURKESTERONE?

CHAPTER 4



A VERY CONVENIENT BOOST

The dose timing of this supplement for human beings is not certain. At present, there is no study that favors any particular dosing practice, while the mentioned study doesn't specify the size, the number, or the timing of doses.

Medical experts and manufacturers recommend following the label suggested use for daily consumption. So, it is suggested to continuously adhere to the instruction of taking 1 capsule a day.

Turkesterone Cycle

In general, the effects of taking this fitness supplement last from 8 to 12 weeks. However, it must be remembered that this is not androgenic, so it means that you are able to consume it as long as you want, though using an eight to twelve-week cycle is highly recommended.

To know the right cycle, think of how your system responds to the supplement during eight to twelve weeks time and compare that response to the gains which you experience. Once you find it satisfying and no harmful side effects, you can keep on taking the supplements without any issues.

Always remember that if you consume Turkesterone, there is no need to worry about a post cycle therapy(PCT) because this does not heighten your testosterone levels or reduce other hormone levels, even if you must still get your blood work done or test hormone levels regularly.



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Still not convinced that Turkesterone is the right supplement for you?

We have Turkesterone that can assist your body to develop all-important muscle fibers and boost muscle to fat ratio. It can also boost the glycogen concentrations in your muscle and boost ATP synthesis, and assist in eliminating lactic acid.

CHECK **OUT** SWOLE AF!

SHOP FOR TURKESTERONE

HOW LONG DOES IT TAKE TO WORK?

CHAPTER 6



DON'T HAVE **TIME** TO WAIT?

A lot of studies have done on the effects of taking this supplement support over a period of weeks and months. Anecdotally, users of these supplements have reported experiencing considerable effects in just a few days. Most user can expect to experience results in two to four weeks.

Research on Mass Gainers

Experts conducted research to fully examine the ecdysteroids effects in comparison to anabolic substances. The research lasted for twenty-one days. Each animal in the research study was given 5mg of ecdysteroids for every kilo of its body weight each day. Experts discovered that ecdysteroids matched other substances effects and did well.

According to research,

“Ecdysterone exhibited a strong hypertrophic effect on the fiber size of rat soleus muscle that was found even stronger compared to the test compounds methandienone (Dianabol), estra diene dione (trenbolone), and SARM S 1. Our investigation confirmed an anabolic activity of ecdysterone. The anabolic potency of the ecdysterone was comparable or even higher as found for the anabolic androgenic steroids, SARMS or IGF-1.”



SWOLE AF

Are you ready to buy Turkesterone? If so, Swole AF is the best place to purchase high quality Turkesterone.

You can order this health and fitness supplement in our online store. This is a 100 percent natural health supplement that has minor side-effects. It doesn't show up in drug test. If you've tried creatine-based weight gainers in the past but have been less than content and not satisfied with the outcomes, then our Turkesterone is be the next logical move to pursue.

DON'T **WAIT** ANY LONGER!

BUY TURKESTERONE HERE





WHAT TO WATCH OUT FOR WITH TURKESTERONE

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IT'S **NOT** ALL THE SAME

The anabolic effect of this supplement in animal studies and testing consistently reveal a considerable anabolic effect, boosting strength and increasing lean muscle mass. But, studies are just conducted on animals, and none are performed on human beings.

Research was done with 2 strength-training subjects. One taking ecdysterone spinach extract at 200mg and the other taking a 800mg dosage a day. After ten weeks, results showed considerably more muscle hypertrophy with the subject taking 800mg a day.

Research has shown that the potency of the turkesterone dosage can have large effects on muscle growth.

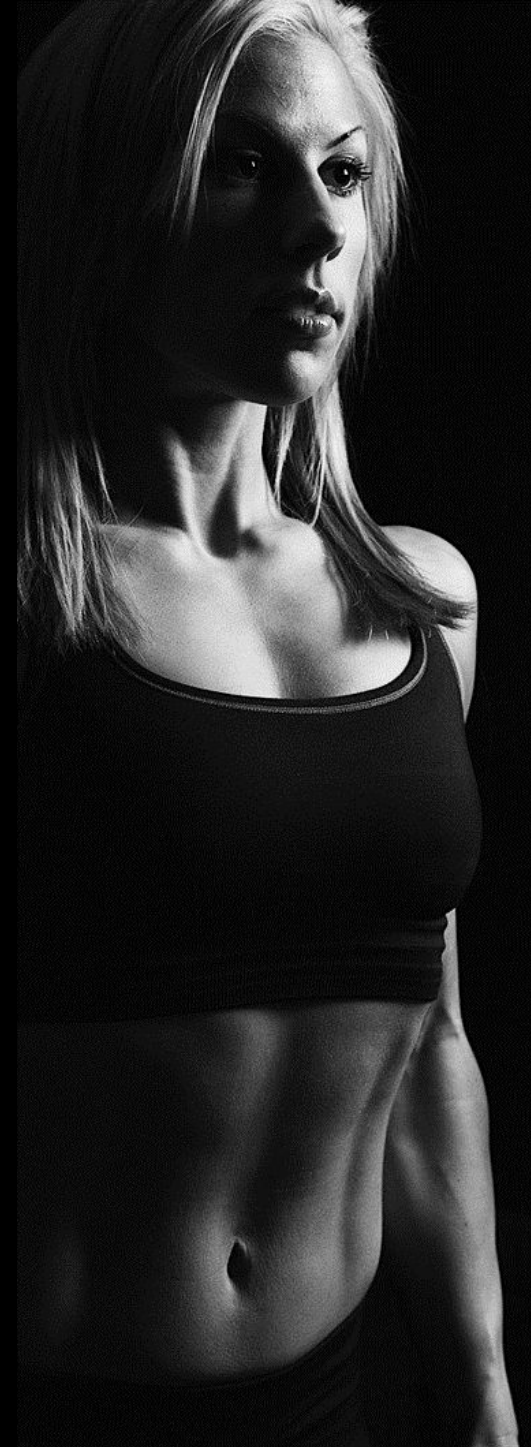




Shop Swole AF: For The Highest Potency Turkesterone Supplement on the Market

Turkesterone is the strongest natural supplement available today for fat loss, muscle development, and bodybuilding. A single cycle can completely transform your body in just a few weeks.

This is the top health supplement that will improve your protein synthesis, boost gym workout quality, and help build lean muscle. If you are looking for a 100% pure, superior Turkesterone supplement, we highly recommend you order it through Swole AF. They are one of the most reliable and well trusted brands with regards to health and fitness supplements.



GET 20% OFF TURKESTERONE!

SHOP THE BEST TURKESTERONE NOW

IN STOCK AT SWOLE AF NUTRITION

BUY TURKESTERONE

WHERE TO BUY THE BEST TURKESTERONE SUPPLEMENTS

CHAPTER 7



TOP TURKESTERONE SUPPS

What are the top Turkesterone Supplements, and where to buy them?

There are many brands of Turkesterone supplements available on the market, such as:

Massmax XT ★★

This is one of the most cutting-edge anabolic available today. The manufacturer has combined the most excellent compounds of digestion, muscle growth as well as bioavailability to make this product. This can help muscle hardness and also promote muscle growth. The potency is very low on these capsules

M-Stak ★★★

The manufacturer has thought of the whole thing, so you are able to make the most of the muscle gains as well as make an anabolic environment. This supplement is consumed to build muscle, improve health, and from powerlifters or bodybuilders effectively and naturally. This makes a probolic environment that encourages improved nitrogen retention, insulin function, and protein synthesis.

Swole AF Turkesterone ★★★★★

Swole AF Turkesterone is one of the best and high quality Turkesterone supplements available on the market today. All the ingredients have been clinically proven to improve muscle, increase libido, decrease fat and help develop lean muscle. It has been formulated with the latest as well as most potent herbal extracts and plays a considerable role in the growth of dense, hard, strong muscle.

BUY TURKESTERONE



If you want to improve your health or shed off extra fat, Turkesterone is one of the products you need to consider. It is labeled as one of the most powerful natural health and fitness supplements available for muscle growth, fat loss, and bodybuilding.

This is an effective and safe supplement that will boost protein synthesis, improve the quality of your workout, and have many other health benefits. We have the best and purest Turkesterone supplements available. We are an established and well-trusted company with regards to fitness supplements.

THANK YOU!

BUY TURKESTERONE

**USE EBOOK25 FOR
25% OFF YOUR ORDER**

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