

How to take Aromasin for heightmaxxing-Dosage,Method of intake,Side effects and how to prevent/minimize them - A detailed Guide

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Aromatase inhibitors are medicines used to reduce estrogen in the body, They are absolutely necessary for increasing your height as they can prevent your plates from fusing/closing.

For those who don't know, we stop growing because our growth plates fuse, if they don't fuse we can grow as we desire.

Aromatase inhibitors (AIs) will keep your growth plates open/unfused, thus giving you extra time, but you still need fuel to grow taller, this fuel can come from eating, doing exercises to release hgh like sprinting 120x4m everyday or 120x8m everyday, playing basketball or other sports which require high intensity but have less chances of getting injury like swimming, track and field. Injury is bad and harmful as it can retard/slow down your growth potential.

But eating/diet and exercise will only make you taller if you are under 15 years, if you are older than 15-16, you need to inject external HGH and IGF1 to grow taller, you can either take oral mk677, inject igf1 lr3, inject rIGF1, inject peptides, inject HGH.

I will make a guide on HGH, IGF1 soon.

I will also make a guide on sports, eating and other necessities for heightmaxxing. Just write in my profile to get tagged in it.

If you have any questions ask below.

Why aromasin is the best aromatase inhibitor (Letrozole vs anastrozole/arimidex vs Aroamsin)

Also, many Greycels and some old users are confused Between Letrozole, Arimidex (aka anastrozole) and aroamsin (aka exemestane).

Now let me clear this, aromasin is the best, aromasin is a steroidal aromatase inhibitor so it's easier on your blood lipid profile, triglycerides, LDL (low density lipids) and HDL (high density lipids)

It's also better for your bones as it has 17-hydroexemestane, a metabolite which is a strong androgen which can prevent bone loss and osteoporosis from developing.

If you take letrozole or arimidex which are nonsteroidal aromatase inhibitors, there's a high chance of your bone mineral density decreasing, and they can mess up with your lipid profiles, triglycerides, LDL and HDL levels too because these both are nonsteroidal aromatase inhibitors.

Also, they have estrogen rebound, so if you accidentally miss a single dose, your growth

plates can fuse.

(TLDR:-Dont take letrozole or arimidex/anastrozole,your bones will become weak and your growth plates will fuse if u accidentally miss a single dose,if u can't get Pharma pfizer aromasin,take generic ones. The link For pharma pfizer and generic,non Pharma aromasin is here.

<https://looksmax.org/threads/how-to-take-aromasin-for-heightmaxxing-dosage-method-of-intake-side-effects-and-how-to-prevent-minimize-them-a-detailed-guide.485118/post-7979153>)

Now, to the main point.

1.How to Cut the Pills

One full tablet of aromasin is 25 mg.

Buy a pill cutter from amazon or any other site which is similar to the one shown in this video and cut the pills into 1/2 and then cut each half into 2 more halves,then u will get 4 pieces and each piece is like 6.25 mg.

U can take 1-2 pieces(6.25mg-12.5 mg) Ed or EOD(every-day or every-Other-day) depending on your baseline estrogen levels and ur responsiveness to aromasin and ur aromatization capability.

For the first dose take 6.25 mg or 12.5 mg after that for each dose take 6.25 mg ed/EOD and not more than that ,use a pill cutter to cut the pill in 4ths and eat 1/4th(6.25 mg) with 3 tbsp of olive oil or butter or any other fat.

<https://youtu.be/NPO9Y955kag>

2.Dosing,Estrogen Crash and Estrogen levels optimum for heightmaxxing

Normal levels of estrogen in teens in late puberty=15-40pg/ml

Estrogen above 20pg/ml will fuse ur plates according to the studies done

So,u need to keep ur estrogen levels in 10-15 pg/ml range,best is the 13 pg/ml mark.

If u go below 8-10 pg/ml ,ur estrogen will crash and the side effects will be near deadly,literally.

1.How to know your estrogen levels and the dosing required to reach 10-15pg/ml?

Ans:- The most accurate,trusted and safe method are to take Blood tests before taking aromasin to determine your baseline estrogen.

Then blood test again after a 6.25mg or 12.5 mg dose to determine your new estrogen levels.

2. What to do if u cant get blood tests?

Ans:- The only way is Hit and Trial method, which i have elaborated further below

Taken from a scientific journal and commentary on role of estrogens in linear Bone growth

Based on the poor compliance of an aromatase-deficient man, we tried to develop a dose-response relationship between serum E2 and radiological changes of the long bones in terms of bone age [45]. Due to patient's poor compliance, serum E2 remained below 20 pg/mL for a long time without any change of bone age and growth plate appearance at X-ray [45]. The closure of the epiphyses was obtained only several months later when E2 rose above 20 pg/mL and the patient was taking the right dose of transdermal E2 [45]. This suggests that serum E2 above 20 pg/mL is necessary for epiphyseal cartilage fusion [45] and that only in the case of severe estrogen deficiency the epiphyses remain still open despite the advancement of the chronological age (Figure 2). The same results can be deduced from a recent study comparing sex steroids, pubertal stage, and skeletal maturation between obese and lean boys [17]. If boys at the end of puberty (with a genital Tanner stage 5) are considered, bone age (of about 18 years on average) was greatly advanced and consistent with fused epiphyses in obese boys with a mean serum E2 clearly above 20 pg/mL (median 34.8 pg/mL, min-max: 25.6-41.1 pg/mL), while bone age (of about 16 years on average) was less advanced and consistent with still unfused epiphyses in lean boys with a mean serum E2 below 20 pg/mL (median 15.7 pg/mL, min-max: 13.2-21.0 pg/mL) [17].

This proves that estrogen if kept below 20pg/ml can keep our growth plates open and would also be enough to fulfill the estrogen related tasks and functions in the body which would prevent the side effects and symptoms of low-crashed estrogen from developing and appearing,

I would rather advise people to keep estrogen in the 10-15 pg/ml range, similar to estrogen levels of 13-15 year old boys, just make sure that you are taking enough dose of aromasin so that your estrogen remains in 10-15pg/ml and doesn't rise above 20pg/ml because if that happens your plates will fuse.

Some advice and precautions

1. If u have vitamin D deficiency, don't take aromasin until your vitamin d levels have become normal.

Take vit d 4000i.u ed with 200 mcg vit k2 mk4 and magnesium supplements to make sure ur vit d levels are normal. Vit d requires vit k2 for efficient absorption and vit k2 depletes magnesium so make sure u supplement decent dose of magnesium too, i don't know the dose, u can look it up urself.

If u can, get a blood test to check your vitamin d and 25 hydroxy vitamin d levels to make sure ur bone remains in perfect health.

For 80% of the people 6.25 mg ED will be sufficient to bring estrogen levels to 10-

15pg/ml.

For the rest,12.5 mg ed-will be needed.

If u are a super outlier,25 mg will be needed,but maybe 0.01% of the population is a super outlier so there is a very low chance of someone needing 25 mg ed.

For normal people,if u take 25 mg ed,ur estrogen will crash and u will feel like shit,u will feel suicidal,ur hair and collagen will get wrecked,your gym workouts will suck,your libido will suck,your joints and bone would hurt too,tiredness,brain fog,and ur motivation to do anything will die.

So,dont crash ur estrogen by overdosing on the full tablet(25 mg) like a retard.

How to determine how much dose do u personally need?

The most accurate,trusted and safe method are to take Blood tests before taking aromasin to determine your baseline estrogen.

Then blood test again after a 6.25mg or 12.5 mg dose to determine your new estrogen levels.

Now,What to do if u cant get a blood test?

U will need to apply hit and trial method,Start with 6.25 mg ed then slowly increase to 12.5 mg ed,if u feel okay on this dose and dont experience any weird side effects like tiredness,brain fog,harsh joint and bone pain,muscle pain,then this dose would be alright for you,you can continue with this dose-12.5mg ED

If u feel any of the above side effects which show crashed estrogen,then switch to 6.25 mg ED.

Remember if u crash ur estrogen and feel the above side efects,dont take aromasin until u get back to normal,it takes 3-5 days to get estrogen levels back to normal,

Try to eat penuts,whole eggs,hemp seeds if it happens.

And after that take reduced dosage of aromasin,like if u were taking 12.5 mg ed,reduce to 6.25 mg ed.

3.Method of Intake

Eat the tablet with 3 tbsp of olive oil or butter or any other fat.

Any sufficient dose of any natural fat like Butter,Olive oil,Cheese will be good.

It isnt solvent in water,so natural fats are required.

A study found aromasin was 40% more absorbed when taken with a meal contain sufficient amounts of natural fat.

4.Side effects and how to Deal with them

There are 2 different categories of side effects u can feel.

1.Side effect on aromasin when ur estrogen levels are in the normal range(10-15 pg//ml)

2.Side effects from crashed estrogen(below 8-10 pg/ml)

1)Side effect on aromasin when ur estrogen levels are in the normal range(10-15 pg/ml)

These side effects are less severe,easy to tolerate,temporary as they go away in 2-4 weeks.

Sometimes they come and go.

The common side effects when u are on aromasin and havent crashed ur estrogen are libido change,mild bone and joint pain,mild-moderate acne.

Make sure u get out in the sun regularly and take enough vitamin d by supplementnation for ur bone health too.

2)Side effects from crashed estrogen(velow 8-10 pg/ml)

U will feel suicidal,ur hair and collagen will get wrecked,brain confusion,your gym workouts will suck,heart problems in the long run from long time crashed Estrogen,your libido will suck,your joints and bone would hurt a lot too,tiredness,brain fog,muscle pain and ur motivation to do anything will die

So,what does this mean?

Ans:-Just dont crash ur estrogen by overdosing like a retard by taking more than 12.5 mg dose.

Some people require 12.5 mg to bring thier estrogen to 10-15 pg/ml beacuse they have a high baseline estrogen level.

And for some people 12.5 mg can crash their estrogen too so take 6.25 mg ed only.

How to determine how much u need?

Blood tests,as i said above.

3.Balding

U will only experience balding if u have the genes for it from ur family,even then balding would be mild.

If u experience mild balding let me know,but u won't.

U can see roughly if u have the geens for it by looking at your dad and ur mom's dad,if they have the circular balding spot on the top of their crown(top of the head?vertex of the head)then u have balding genes for it.

Just make sure that while u are on aromasin,u are taking perfect care of our hair with cleaning and nutrition

U can prevent balding by using ru58841 or finasteride.

Finasteride destroys DHT from ur whole body which is bad because DHT is important for development off the body.

Ru58841 is better because it just blocks DHT and testosterone from the scalp which is safer.

Just use it in low -moderate doses.

Derek from more plates more dates(mpm) has good articles and sources for ru58841

Ru has some side effects on heart and a minority of people get heart palpitations from it,so be careful, but for most others they feel okay on it.

Also,don't overdose ru58841,it can go systematic inside ur body it will fuck u up. Its an antiandrogen which blocks DHT and testosterone from ur scalp thus preventing pattern balding.

But if u overdose or take too much ,it can fuck u up.

Just take it in low -moderate doses ,and u will be protected and safe.

I don't recommend finasteride for teen as DHT is important in puberty for sexual development and finasteride blocks DHT production.

4.If u are getting blood tests,ask the doc to check the levels for these

Buy a blood glucose monitor and measure urself every month,blood glucose monitor is cheap anywyas.

Also, if u can measure blood pressure,do it,every 1-2 months

In this list get 1,5,10 every month,for the rest u can do them every 1-2 months,if u can afford keep reading,i tell soon what to do if u can't afford routine blood tests

Follow my advice about blood tests,if u want to live and not die, because hematocrit levels,bilirubin,creatine and 25hydroxy vitamin d And liver enzymes are essential to get tested if u wanna live,if u don't test them regularly they can get out of check and it can be bad,ver bad,very very bad...

If u see the levels of what I mentioned just above out of the normal reference range for men,go see a doctor immediately and tell him that u are taking aromasin,tell him how long u have been taking it and tell him the dose u are taking.

IT most likely won't happen,but i still want to give u a complete advice,and i want to make sure u guys know most things about aromasin.

***If u can't get blood tests for some reason like money, Unavailability,etc,at least try to just get an Estrogen blood test every 1-2 months.

If u can't even do that,take the name of god,just don't overdose on aroamsin by taking 25 mg ,just take 6.25-9.5 mg.

(9.5 mg=6.25+3.125 mg)(to take 9.5mg take 1 quarter(1/4th=6.25mg) of a pill and divide the other quarter into two halves and take one half(3.125mg)

I have already shown you the method to divide and cut pills by linking a youtube video above.

- 1.Estrogen---important and obligatory(Every month)
- 2.Testosterone
- 3.Free testosterone
- 4.DHT
- & SHBG(SEX HORMONE BINDING GLOBULIN)
- 5.Estrone(every month)
- 6.Hematocrit---important and obligatory(every
- 7.WBCs(every 3 months)
- 8.RBCs(every 3 months
- 9.Platelets(every 3 months)
- 10.25 hydroxy vitamin D(most important and obligatory-every month)
- 11.DHEA&DHEA-S(every month)
- 12.BILIRUBIN(every 2-3 months,not more than that)
- 13.Blood creatine (every 2-3 months,not more that that)

Lipid profile(every 2-3 months,not more than that)

- 11.Triglyceride levels.
- 12.HDL(high density lipids
- 13.LDL(low density lipids)

Bone Markers(every 3-4 months not more than that)

- 14.Osteocalcin
- 15.Alkaline Phosphatase

Liver enzymes(every 2 months,not more than that)

- 16.AST
17. (GGT) Gamma-glutamyltransferase
18. (ALT)Alanine transaminase

It might sound big and long,but if u can't afford it,just mesure ur blood glucose/blood sugar every 2 weeks,and ur blood pressure Every 1-2 months.

And get what i mentioned in the above list every 2-3 months if u can't afford it.

A list if u can't afford routine blood tests.

0. Blood glucose every 2 weeks (buy a blood glucose monitor) and blood pressure every month

1. estrogen, Estrone, SHBG every month. (most important, at least spare some money for this, and it won't be much expensive)

2. Lipid profile and liver enzymes every 2 months.

3. bone markers every 3-4 months

4. Hemtocrit every 4 months.

5. Androgens and 25-hydroxy vitamin d every 3 months

6. platelets, RBCs and WBCs every 6 months.

Some additional tests if u can afford it

DHEA

CORTISOL

LH

FSH

INHIBIN-B

I got Blood tests and the levels of some hormones were high.

If they were high but close to the normal range u shouldn't worry, they would get fixed, just keep taking routine blood tests as i mentioned and mostly, things will be okay.

If a specific hormone gets too high or too low, then visit a doctor (internal medicine, general practitioner or someone who specialises in the field of which your hormone which has abnormal level belongs to).

Get on hgh/igf1 asap and get money for it (wagelsave, etc) it would cost u 200-300\$ per month to run a decent stack.

I would make a thread on it soon, just make sure u Write "tag me in HGH thread" on my profile page or PM me simply and write what i said.

Also, i think u can run aromasin for 1-2 years, after 2 years its a bit dubious, if u read and get knowledge and know enough how to maintain and keep your health and u know what u are doing with aromasin, then its good u can use it, but make sure u are getting regular blood tests as i mentioned above, especially bone Markers and lipid profile and liver enzymes every 1-2 months.

Some supplements that i recommend on aromasin"

1. Ashwagandha (KSM66 Version only): -helps with joints and bones, also boosts memory, take it in the normal dosages, don't overdose.

I don't know the dosage, u can find it easily if u search about it

Discontinue it if u feel stomach problems from it, but make sure that the stomach problems are from this only and not from anything else.

2.N-acetyl cystein(NAC):- helps with keeping liver enzymes in normal range, don't overdose,search about it on bodybuilding forums and steroid forums. They use it too to keep liver enzymes in normal range. I don't know the dosage,u can find it easily if u search about it A good brand for NAC is "Now foods", u can get it on iHerb or other online supplement websites.

How to know if the Pharma Pfizer aromasin you bought is legit or fake

One thing i forgot to add:- Pfizer

Aromasin pills are really small, roundish and smooth and white in colour and they have the number 7663 printed on one side,the number shows its genuine and from pfizer.

There are generic off-branded aromasin present too which can be abit cheaper but it depends if u wanna use it instead of the pfizer aromasin which is the best version.

If u can't get the Pfizer version,then u can try out some good generic exemestane/aromaisn which i have linked below.

I think the non-pfizer aromasin are a Little bit underdosed which is negligible but some people report different side effects on them than they would get from the Pfizer aromaisn.

Also,non pfizer-generic aromasin dosent has the "6773" number printed,so if u buy generic Aroamsin and don't find "6773" don't freak out.

Also,if u buy pfizer aromaisn,it must have "6773" printed,make sure it has

So,calculate and take it on your own consideration.

The number "7663" printed on the tablet is a good way to identify if its genuine or not

Where to buy Aromasin/Links and sources to buy Aromasin

Links for genuine Pfizer aromasin:-

1.[OUT of stock currently,would refill in 2-4 weeks]

AROMASIN [Exemestane] [pharmacy] 25mg 30tabs (750mg) – BRAINLABZ

2.Rusmedicines:- it's another source but the delivery time can be long like 2-4 weeks.

AROMASIN® (Exemestane) 25 mg/tab, 30 tabs

AROMASIN® (Exemestane) 25 mg/tab, 30 tabs

rusmedicines.biz

3.<https://www.dragonordnance.com/goods?code=12510703001>

Generic aromasin (non-pfizer)

1.<https://brainlabz.ru/product/exemestane-aromasin-12-5mg-90caps-1125mg/>

2.AmericanResearchLabs:-it will get out of stock soon.

Account Suspended

3.BuyDeus Aromamed:- Many guys say it's legit and it works,u could try it out ,but if u can get generic pfizer aromaisn,it's better, u could try it but be careful,i 100% don't know if it's completely legit or not,u could read it's reviews on bodybuilding forums.

4.Dragon ordnance non-pfizer:-

DragonOrdnance ships noth pfizer and generic aroamsin.

i have already linked the Pfizer one above in pfizer category.

Here's the generic ones.

<https://www.dragonordnance.com/category> (the one sold by Turkish pharmacy is pfizer and all others are generic).

Again as i said ,generic quality can vary and only take it if u can't find pfizer one,it's a last resort.

Also,even if u are on it,keep searching for the Pfizer one,if u find it,buy the Pfizer one and stop taking the generics.

Also,if u run it at 6.25 mg/day or 6.25 mg every-other-day ,3 packets of pfizer aromasin can last u 16-32 month, 2 will last u 8-16 months

Time to finish this post,u can take aromasin for 1-2 years,but to get taller,u need hgh and igf1.

Aromasin is used to give u extra time,extra window for growing,it will keep ur plates open as long as u take it,if u take it for 5 years ,ur plates will be open. But no need to take it for 5 years,as u will get worse side effects in such a long time.

Using hgh and igf1 would give u fast results and u wont need to take it more than 2 years maximum.

Taking hgh and igf1 without aromasin will be bad as ur plates will close and u wont be able to grow much

Taking just aromasin for years without hgh and igf1 would be not much useful as u wont get enough fuel to grow taller without taking hgh and igf1 externally.

Best is to take both

Sorry for the typos,wrong formatting and weird style

If u have any questions ask below.

My thread on aromatase deficiency and height genetics is dropping soon,if u wanna get tagged,write a message on my profile page or dm me

@russiancel

@heighmaxxerxd

@zv1212

@UglyGod360

@Bitchwhipper
2

@HOLYFUARK
@btsgangruling
@AscendingHero
@TeenAscender
@