

Steroids & “Stacking”

The perceived idea among users for stacking is to maximize AAS receptor binding and to activate multiple steroid receptor sites. However, to date, NO scientific research has shown that either of these effects occurs with stacking.

**We recommend:**

If possible, do separate injections for each steroid substance. *This prevents the risk of substance overload and effects on your liver and kidneys*.

A ‘new’ needle tip should be used for every vial. *This prevents the spread of bacteria between each vial and can prevent infection.*

Never share injecting equipment. *This prevents the spread of HIV, Hep B and C.*

**If any issues arise, seek medical attention**

# Stacking can cause Infections

People who inject performance or image enhancing drugs may use non-sterile injecting techniques or share contaminated needles with other users.

In addition, some steroid preparations are manufactured illegally under non-sterile conditions. Unless it is prescription steroids, you don’t know how sterile the manufacturing process is.

These factors put users at risk for acquiring life threatening viral infections, such as HIV and hepatitis B and C, infections and abscesses.

Steroid users have been known to combine several different types of performance or image enhancing drugs known as "stacking." Steroid users believe the different steroids interact to produce an effect on muscle size that is greater than the effects of each drug individually, a theory that has not been tested scientifically.