

CEL Cycle Assist – On and Off Cycle Support

written by Mike Roberto | June 27, 2017



The decision of whether or not to embrace the world of prohormones, exogenous testosterone, and/or other anabolics is a major one. You're stepping outside the natty realm and into a new world full of all sorts of crazy compounds that can unleash some major gains, but can also bring with it some serious side effects if you're not employing the proper protection both during and after your cycle.

CEL is known far and wide as a premier company that produce high quality supplements to address all aspects of an athlete's health and wellness. We've covered this before when discussing **CEL M-Test** (crazy loaded natty test booster!) and the liver protector **CEL TUDCA**.

Today, we look at the brands cycle support supplement **Cycle Assist**, which is ideal to use both on *and* off cycle to provide liver, blood pressure, cholesterol, and prostate protection.

More info is ahead, but first, take a moment to check the best deal and sign up for alerts on PricePlow:

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Cycle Assist Ingredients

CEL has crafted a one-stop shop for on cycle and off cycle support in Cycle Assist – but as the name suggests, it's most often used while *on* a prohormone/steroid/anabolic cycle. This protects against liver, prostate, and blood pressure issues commonly experienced when using prohormones and other anabolic compounds.

Note: Doses listed below are based on one serving (i.e. 4 capsules).

- **N-Acetyl Cysteine (750mg)**

Supplement Facts		
Serving Size: 4 Capsules Servings Per Container: 60		
	Amount Per Serving	% DV
N-Acetyl-L-Cysteine	750 mg	**
Milk Thistle (Standardized to 80% Silymarin)	500 mg	**
Pantothenic Acid (Vitamin B)	500 mg	5,000%
Hawthorn Berry Extract (Standardized to 1.8% Vitexin)	450 mg	**
Saw Palmetto Extract (Standardized to 45% Fatty Acids)	160 mg	**
Celery Seed Extract (10:1)	75 mg	**
Grape Seed Extract (95% Proanthocyanidins)	75 mg	**
Vitamin B-6 (Pyridoxine HCL)	50 mg	2,500%
Policosanol	20 mg	**
Zinc Gluconate	15 mg	100%

** Percent Daily Values Not Established

Other Ingredients: Gelatin, Magnesium Stearate, FD&C Blue #1, FD&C Red #40, Titanium Dioxide.

Cycle Assist provides comprehensive protection whether you're on or off cycle.

N-Acetyl L-Cysteine, MAC, is an incredibly powerful antioxidant and primary

substrate for glutathione (another potent antioxidant) in the body that defends against oxidative stress brought about by widespread free radicals.[1,2,3] NAC is also an extremely effective liver protectant, as shown in several clinical trials.[4,5]

- **Milk Thistle (500mg)**

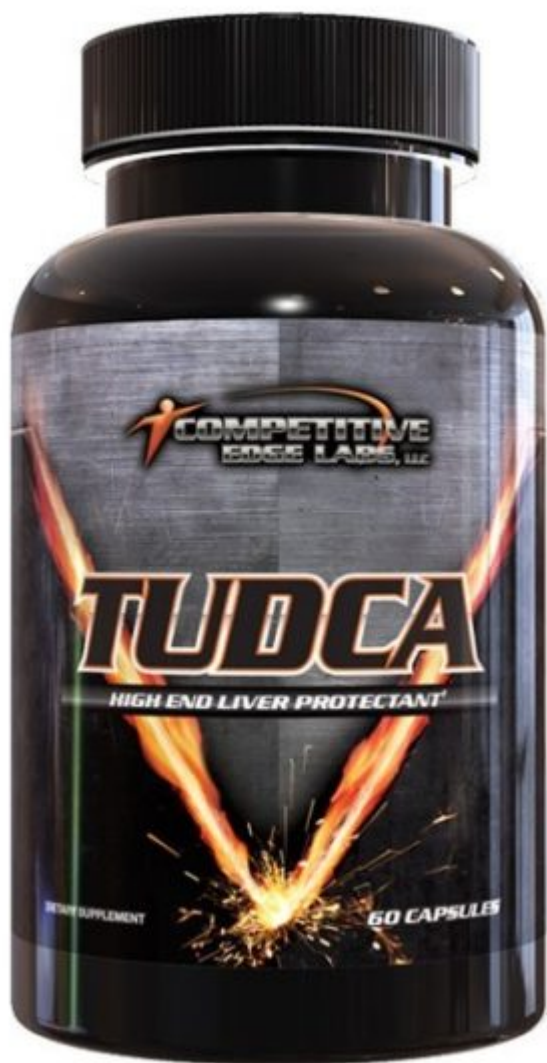
Milk Thistle is a well-known liver detoxicant, primarily thanks to the compound *silymarin*, contained inside it. And that's exactly what CEL is standardizing for in Cycle Assist. They've used an extract standardized for 80% silymarin.

Milk thistle also enhances protein and DNA synthesis in the liver, and has been deemed a viable treatment method for alcoholic liver cirrhosis and alcohol poisoning according to a systematic review.[6]

- **Pantothenic Acid (500mg)**

Pantothenic Acid, a.k.a. *Vitamin B5*, is essential to the creation of red blood cells and adrenal hormones. In the body, it's converted to Coenzyme A, which is necessary for energy production, but Vitamin B5 is also required for regulating healthy cholesterol and triglyceride levels.[7] And, it's also commonly used to prevent and treat acne, a common side effect of hormonal supplements.[8]

- **Hawthorn Berry (450mg)**



CEL TUDDCA is a perfect standalone ingredient for enhancing liver function but also stacks perfectly well alongside Cycle Assist.

Various species of the **Hawthorn** plant have been used for centuries as a remedy for all sorts of complications of the heart. Modern research has shown that those ancient cultures were onto something with the humble berry, as it's been shown to be effective for treating congestive heart failure and arrhythmias. [9,10]

- **Saw Palmetto (160mg)**

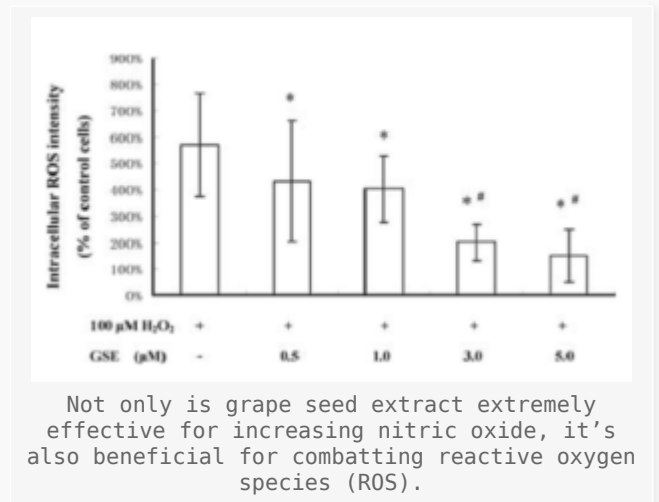
As the years tick by, men know that one of the things they need to look out for is enlargement of their prostate, as it's one of the earliest signs of prostate cancer. But, an enlarged prostate is also a possible side effect from anabolics.

Cycle Assist includes **Saw Palmetto**, which has been shown to suppress prostate growth[11], keep your most vital of areas safe and sound!

- **Celery Seed 10:1 Extract (75mg)**

Celery seed is used primarily for two reasons in cycle assist supplements. It helps combat high blood pressure (hypertension)[12] and it's also a powerful liver protector.[13] You'll also see it sometimes in weight loss aids, due to celery seed's diuretic effects in the body.

- **Grape Seed Extract (75mg)**



Grape seed extract is loaded with numerous catechins and tannins that support blood flow and heart health primarily due to increasing nitric oxide (NO) production in the body. More N.O. means greater vasodilation which supports optimal circulation.[14,15]

Grape seed extract increases endothelial Nitric Oxide Synthase (eNOS)[16], the primary enzyme responsible for stimulating nitric oxide in the body.

- **Vitamin B6 (50mg)**

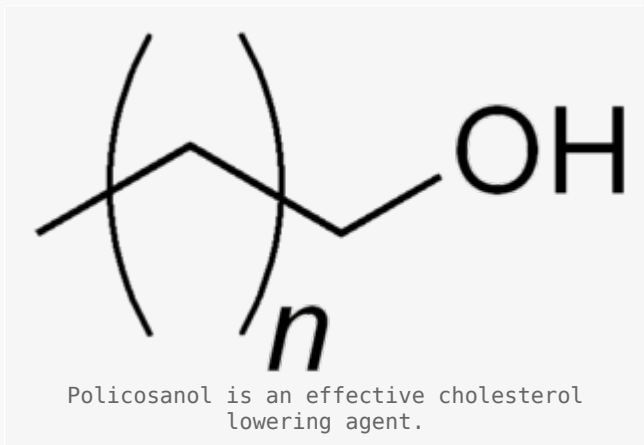
Vitamin B6 is another of the well known member of the B vitamin family that's essential for energy production, protein metabolism, and red blood cell formation. Vitamin B6 is also very important in regards to cardiovascular function where it helps regulate blood pressure.[17] It's also crucial to regulating homocysteine levels in the body too.[18]

We've also discussed how Vitamin B6 helps prevent prolactin from causing any lactation issues, something guys surely don't want. Vitamin B6 induces increased amounts of dopamine, which takes a *competing* pathway against prolactin.

But if your main concern is prolactin/lactation, you're going to want a bit more, plus some mucuna pruriens (you can read more about this in our **post cycle therapy guide**). In the meantime, this is a wonderful added addition to

your multivitamin.

- **Policosanol (25mg)**



Policosanol is another cholesterol fighting ingredient that's derived from Cuban sugarcane. First and foremost, policosanol helps breakdown LDL (bad) cholesterol and lower production of cholesterol in the liver.[19,20] The compound also is commonly used to support heart health too!

- **Zinc Gluconate (15mg)**

Zinc is an essential mineral involved in hundreds of enzymatic reactions in the body and provides immune support due to its actions as an antioxidant. The mighty mineral also is vital for prostate health, and may play an essential role in detoxifying the liver from alcohol.[21]

Dosing

CEL recommends for maximum nutrient absorption and utilization to consume 4 capsules twice daily spaced out 8 to 12 hours apart, preferably with meals.

Takeaway

Choosing to run a cycle is a big decision for any athlete; however, one thing that isn't hard to decide on is running proper cycle protection during and after your cycle. CEL has provided a perfect solution for aggressive athletes with Cycle Assist. It contains everything you need to ensure sufficient organ protection and health even during the most aggressive cycles.

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