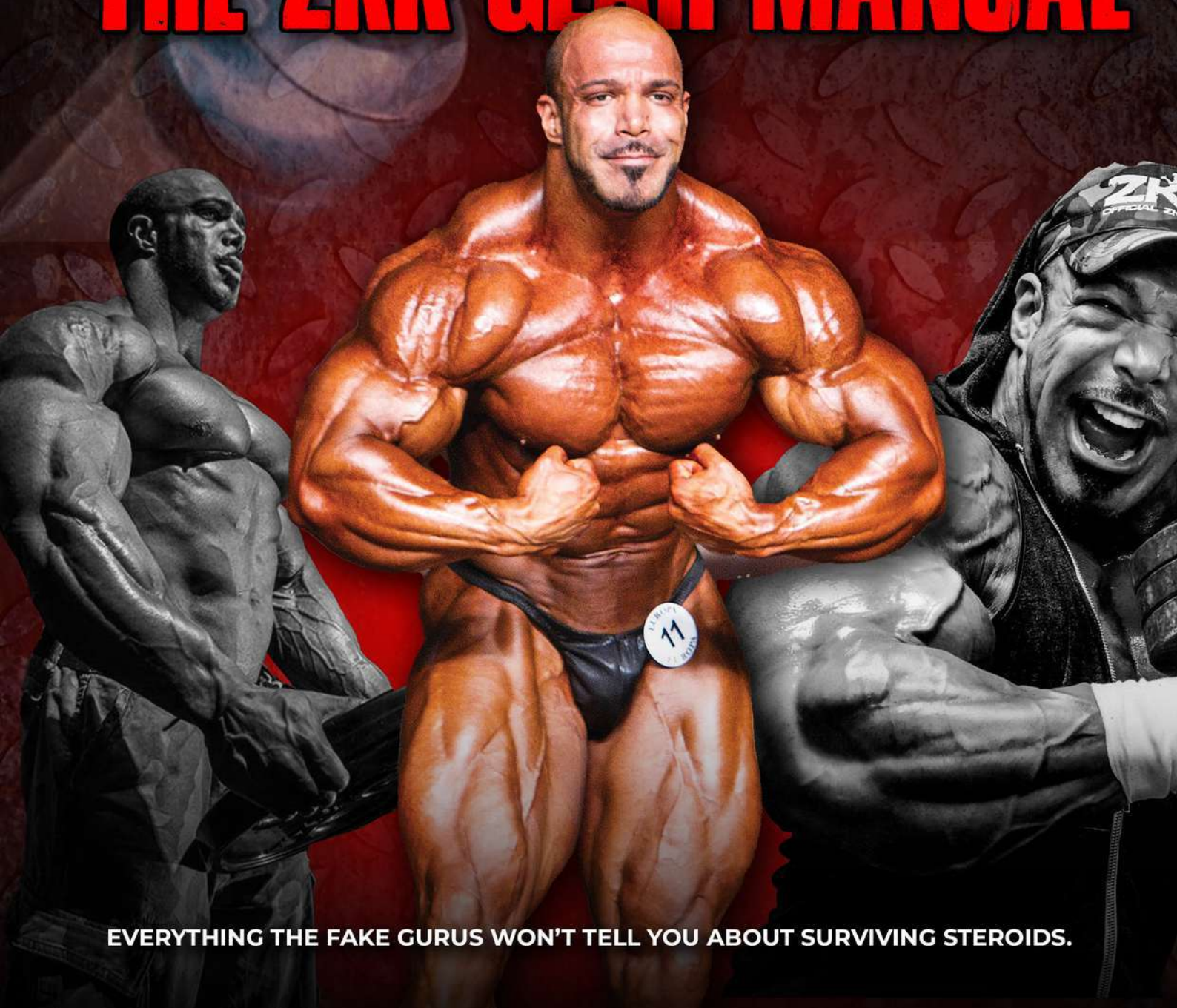


ZKK

**NEEDLES, NUMBERS AND
NEAR DEATH EXPERIENCES
THE ZKK GEAR MANUAL**



EVERYTHING THE FAKE GURUS WON'T TELL YOU ABOUT SURVIVING STEROIDS.

WHY BLOOD WORK OR YOU'RE A CLOWN

If you're jumping on gear without checking your bloods, you're not hardcore — **you're a clown with a death wish.**

Steroids aren't Smarties. They mess with your hormones, liver, kidneys, cholesterol, and heart. You can look like a god on the outside but be rotting like a mouldy kebab inside.

BRUTAL TRUTH:

Anyone can jab a needle. **The real pros know their numbers before, during, and after.**

If you don't track blood work, you're gambling with your dick, your heart, and your lifespan — and the house always wins.



BLOOD WORK 101: WHAT TO CHECK & WHEN



Forget Google doctor nonsense.

Here's what matters:

PRE-CYCLE (BASELINE)

- Total Testosterone & Free Testosterone
- LH & FSH
- Estradiol (E2)
- Lipids (HDL/LDL)
- Liver function (ALT, AST)
- Kidney function (Creatinine, Urea)
- Full blood count (RBC, Hematocrit)
- Prolactin
- Thyroid (TSH, T3, T4 if possible)
- Haemoglobin

MID-CYCLE (6–8 WEEKS IN)

- Test & Estrogen levels
- Liver & Kidney markers
- Blood pressure at home
- Haemoglobin

POST-CYCLE (4–6 WEEKS AFTER)

- Testosterone
- LH & FSH
- Lipids, Liver, Kidney
- Haemoglobin



HAEMOGLOBIN:

It's one of the first indicators your blood's getting thick before hematocrit even climbs.

- **Pre-Cycle:** Testosterone, LH/FSH, E2, Lipids, Liver/Kidney (ALT, AST, Creatinine, Urea), Full Blood Count (RBC, Haematocrit, Haemoglobin), Prolactin, Thyroid (TSH, T3, T4)
- **Mid-Cycle:** Check again 6–8 weeks in if you're on EQ, Tren or Test E — they thicken blood fast.
- **Post-Cycle:** Re-test the same markers 4–6 weeks after PCT to see if your body actually recovered or you're just pretending it did.

ZKK BRUTAL TRUTH:

If your haemoglobin's over 180 g/L or hematocrit past 52 %, you're not "thick and vascular" you're one donation away from a stroke.

HAEMOGLOBIN, RBC & HEMATOCRIT — THE REAL BLOOD-THICKENING TRIO

Forget just ticking the box for “hematocrit.”

If you’re blasting Test, EQ, or Tren, your RBC count, haemoglobin, and hematocrit all shoot up like they’ve had pre-workout laced with rocket fuel.

Here’s how it really works:

- Haemoglobin (Hb): The oxygen-carrying protein inside red blood cells.

High Hb means thicker blood and slower flow — your heart’s pushing sludge, not plasma.

- RBC (Red Blood Cell Count): The total number of cells carrying that oxygen.

When this rises, so does your blood’s viscosity.

- Hematocrit (HCT): The percentage of your blood that’s made of red cells.

Think of it as the “how thick is your blood” reading.

ZKK BRUTAL TRUTH:

Don't just stare at one number — all three matter.

If your haemoglobin's over 180 g/L or hematocrit hits 52–54%,
your blood's turning to treacle.

**Donate, hydrate, and do your cardio before your heart files a
complaint.**

TRANSLATION:

Haemoglobin tells you how
much oxygen you can
carry.

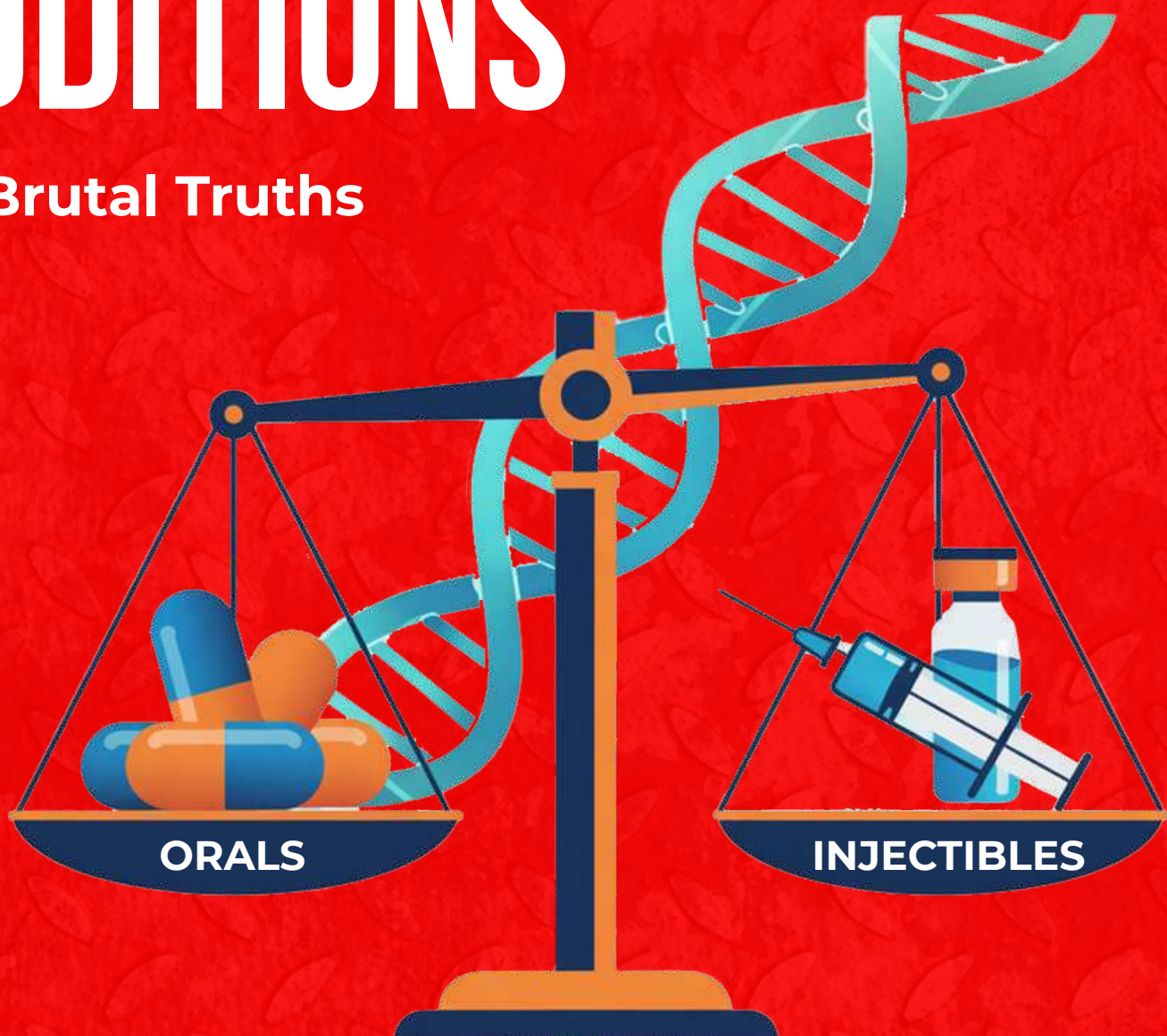
Hematocrit tells you how
thick your blood's getting.

Both climb together on
cycle — **track them before
your veins clog like a
cheap protein shaker.**



HGH & ORAL VS INJECTABLE ADDITIONS

ZKK Brutal Truths




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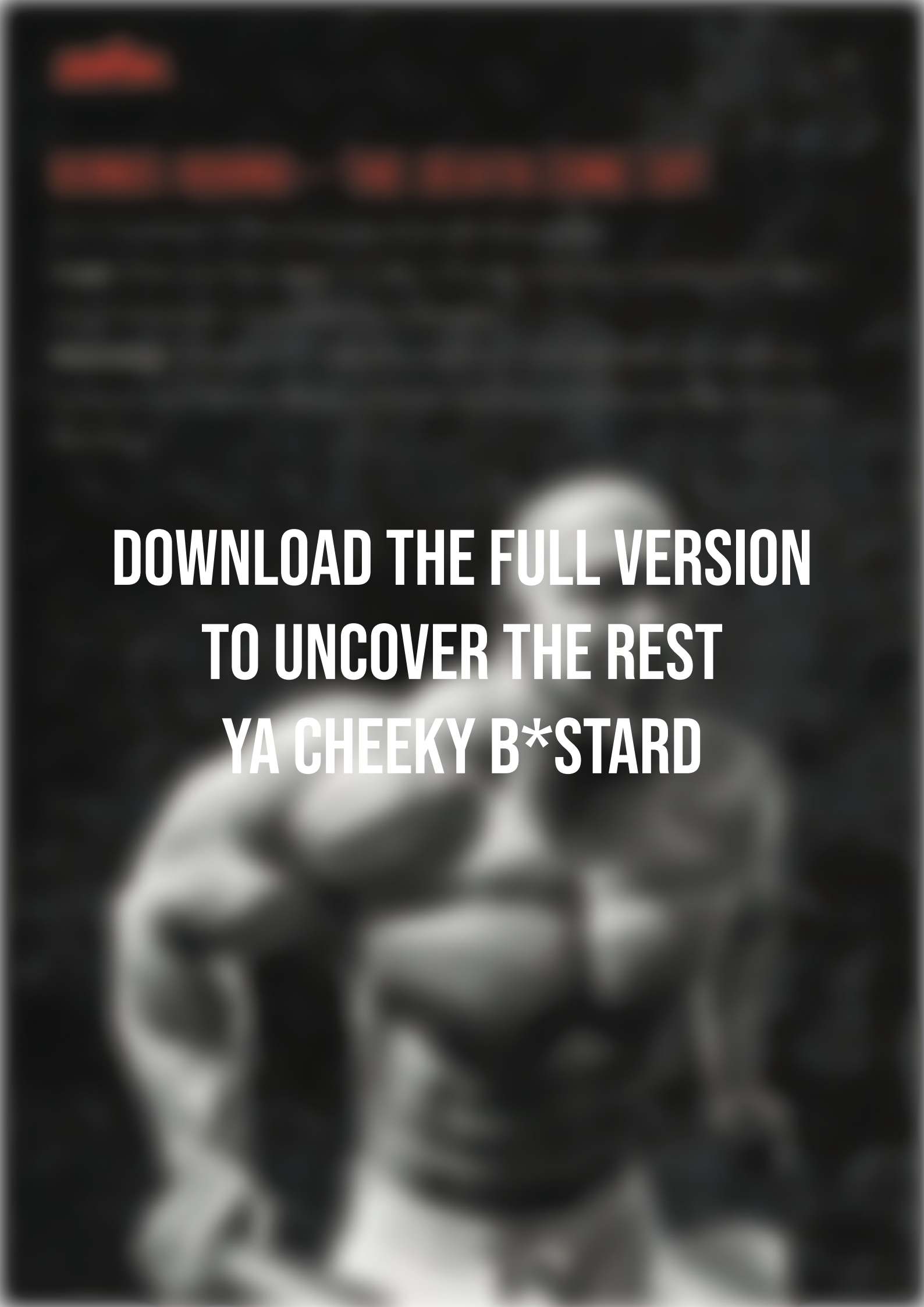
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ZXX CYCLE BLUEPRINTS

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COMPOUND BREAKDOWNS

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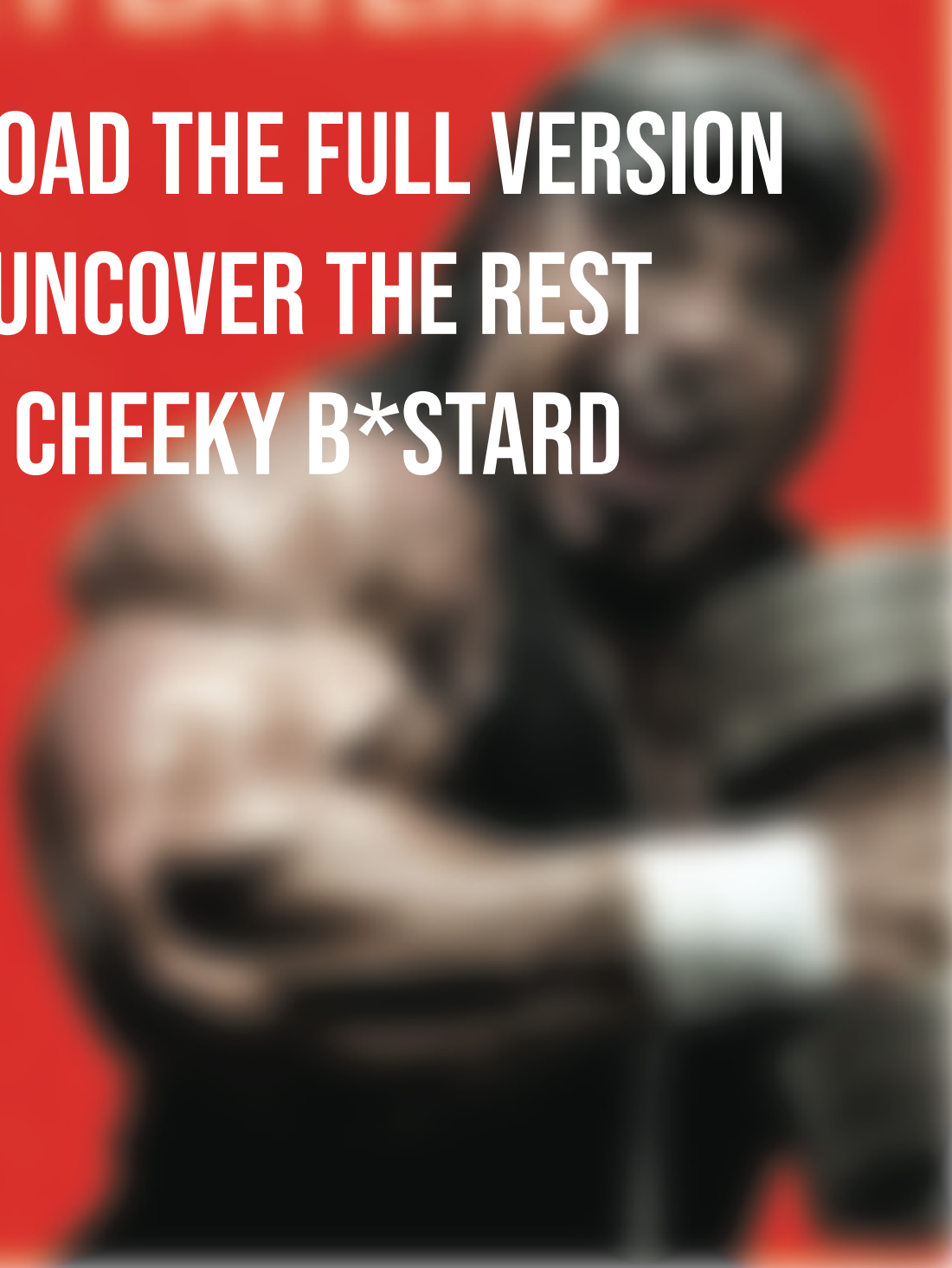
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PEPTIDES
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MANAGING SIDE EFFECTS

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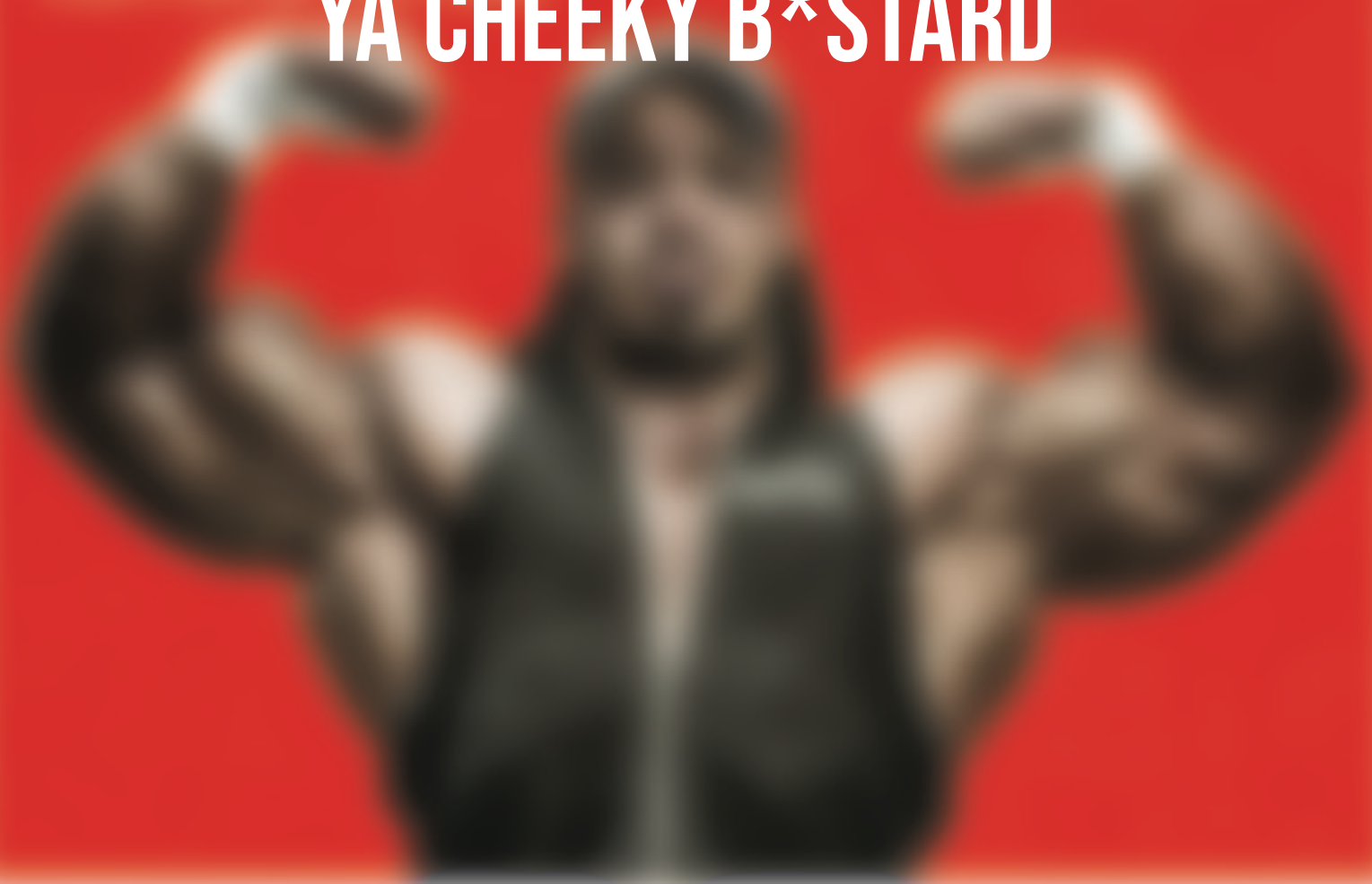



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COMING OFF &
RECOVERY

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