

Steroid Alternatives

Anabolic androgenic steroids are a testosterone based compound taken for the purpose of building muscle mass and improving performance. Primary users are those in the amateur and recreational [body building](#) and athletic fields, but also some professional competitors. Anabolic [steroids](#) are a controlled substance available only by prescription from a health care provider for treatment of certain severe medical conditions. However, the black market is growing with the requirement of illegal anabolic steroids for recreational and vanity users. With this development, there has become available a wide range of anabolic **steroid alternatives** or **legal steroids**.

Because taking anabolic androgenic steroids when you don't have a prescription from a health care provider is deemed a federal criminal act, body builders and athletes search for alternative methods to quickly make them bulk up faster, to reduce the amount of fat mass within their bodies, to be as fast as possible – they search online, and come across "legal steroids".

"Legal steroids" are also known as anabolic **steroid alternatives**; however, the name of "legal steroids" clearly indicates that obviously this is an anabolic steroid like product for which you do not require a prescription to purchase. Many of the anabolic androgenic steroid alternatives are available in a variety of health food stores or drug stores, or from a great number of online retailers. There are often different types of steroid alternatives or "**legal steroids**" for different user's purposes, such as the availability of a product formulated for effective fat burning, or to promote increased muscle growth.

One of the main reasons that anabolic androgenic steroids are a controlled substance in the United States of America as well as a great number of countries around the world is the inherent health dangers associated with non-recommended (meaning without a prescription from a physician) use of anabolic androgenic steroids. Steroid alternatives may assist users bulk up or trim their figures without the damaging health factors. Of course, this does not mean that **steroid alternatives** come without their own side effects, as this is still a chemical compound. However, the negative side effects associated with a steroid alternative product tend to be easier to avoid for most people, and for those who can't avoid the side effects they are usually somewhat milder.

If you are looking for a much safer, and of course legal, alternative to **anabolic androgenic steroids** in order to increase the muscle mass in your body while decreasing the amount of fat mass, and generally enhancing your athletic or body building performance, then alternatives to anabolic steroids may be just the aid you are looking for. The other advantage to **steroid alternatives** is that because they do not pose the same legal risk to both suppliers and purchasers, they are usually cost less than anabolic androgenic steroids. Take a look at the types of [legal steroids](#) available to you; often, as with anabolic steroids, there are different products available to focus on particular aspects of their use, such as a specific fat burner. This allows you target your problem areas a little more closely.