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## **Tadalafil**

People today are strengthening their health through bodybuilding. Now this is a very popular type of physical education, since its correct implementation guarantees a man a beautiful appearance of the body. Tadalafil was created as a means to enhance erection: the substance increases blood flow to the cavernous bodies of the penis, resulting in an erection.

The fact is that some men who visit the gym use it to increase blood flow to the muscles. This makes it possible to increase muscle endurance so that the result from exercises is better.

## Dosage

In bodybuilding, a sufficient dosage is 5-10 mg at a time. The best time to take is before your workout. On days of rest, the drug can not be taken, firstly, for economic reasons (on days of rest, the benefits are significantly lower), and secondly, so that tolerance does not develop to the drug. The duration of the course is 3-4 weeks with daily intake, or 4-6 weeks when used only on training days.

## Tadalafil side effects

The body as a whole: asthenia, swelling of the face, fatigue, pain. From the cardiovascular system: angina pectoris, chest pain, hypotension, hypertension, orthostatic hypotension, palpitations, syncope, tachycardia. From the organs of the gastrointestinal tract: changes in functional liver tests, diarrhea, dry mouth, dysphagia, esophagitis, gastroesophageal reflux, gastritis, increased levels of gamma-glutamyl transpeptidase, loose stools, nausea, upper abdominal pain, vomiting.

From the musculoskeletal system: arthralgia, neck pain.

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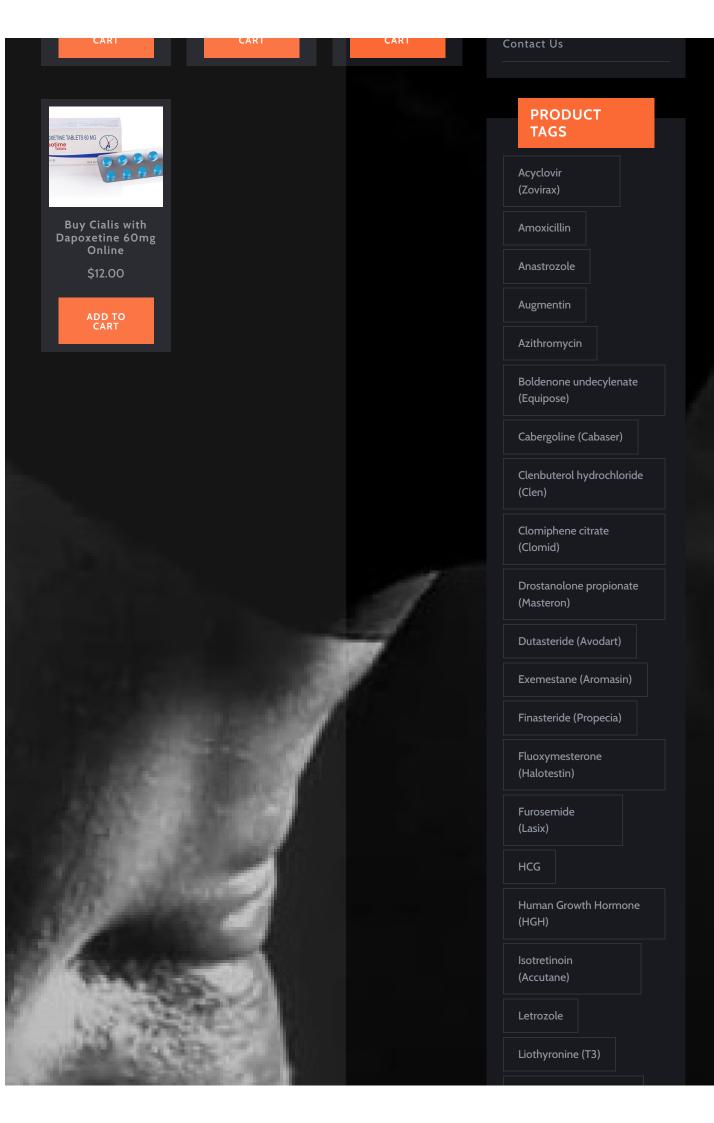
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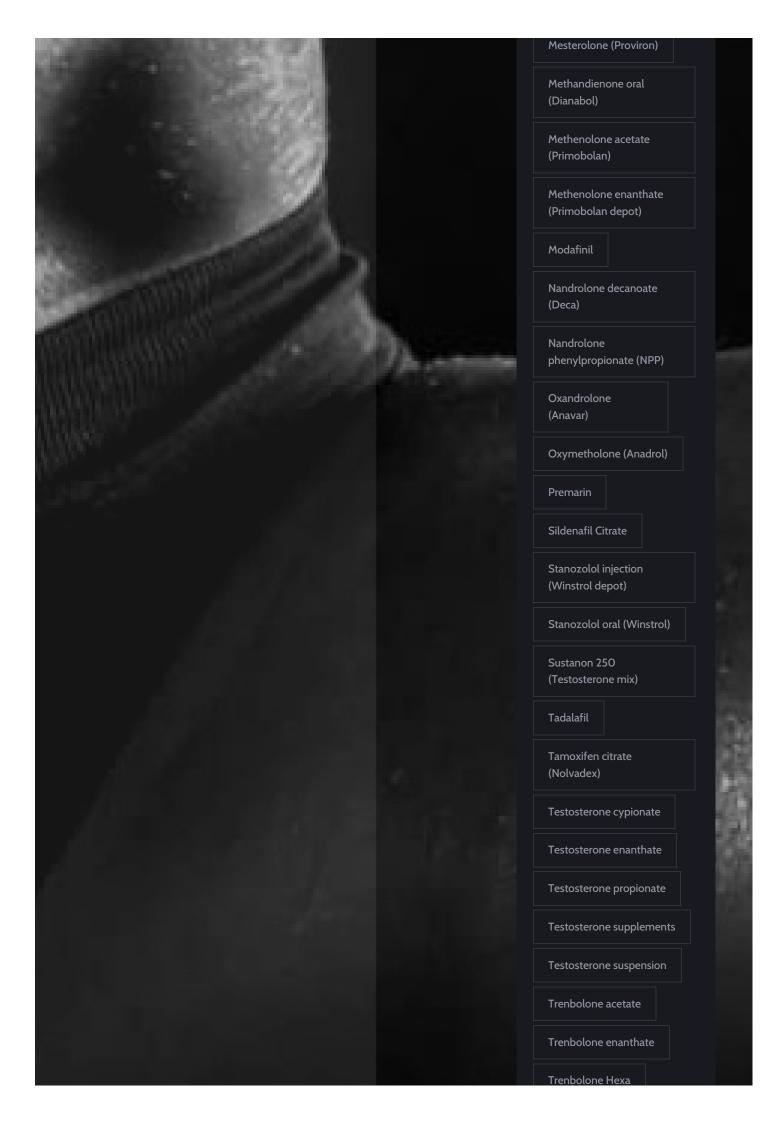
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