



# LOOKISM.NET

The Forefront Of The Coping Movement™

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Lookism.net - Aesthetics, Red Pill, and Masculinity Discussion > LMS and Red Pill discussions > Shitty Advice

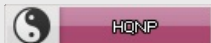
## [Looksmax] CABERGOLINE & NOFAP 1 MONTH NTMAXXING LOW INHIBMAXXING PROGRESS

Pages (2): 1 2 Next »

### [Looksmax] CABERGOLINE & NOFAP 1 MONTH NTMAXXING LOW INHIBMAXXING PROGRESS Thread Modes



**whiteboi**  
cabebrah



Posts: 1,210  
Threads: 98  
Joined: Oct 2018  
Reputation: **7,881**  
Tinder Matches: 1000+  
Dates: Zero  
Kisses: Zero  
Slay Count: Virgin  
Relationships: 1

01-10-2019, 07:27 PM

#1

#### Background

19, addicted to porn, lowish testosterone, tired all the time, unmotivated, had problems keeping it up with multiple girls (most of these problems relating to finasteride). Quit fin, got back my sex drive, but something still felt off. Nowhere nearly as high libido as before. No motivation in school or social life, just bored and depressed.

#### Treatment

0.25mg Cabergoline 2x/week  
Nofap  
Continued gymcelling

#### Results

Hard to notice at first. Went about two weeks and felt nothing, was discouraged because I was expecting things to be night and day. Main distinct difference was quality and quantity of erections. I have rock-hard morning wood most days, get random boners throughout class, and so on. After around three weeks, I think things "clicked."

My sex drive became insatiable. Around New Year's, I fucked a girl and licked her buttohole. I've never done that before. I liked it. Wack. All of a sudden, lost interest in weed. Sleep got worse. I can't sleep more than 5-6 hours a night, no matter how hard I try. Doesn't seem to affect my energy levels though, I'm constantly wide awake and relaxed now. My academic life took a weird turn. This semester, I found myself bored with my usual slate of escapist liberal arts courses on old literature and niche history, and impulsively revamped my schedule at 3 AM.

I'm now a double major, studying Advertising as well as my original major. Classes have been in session for a few days. I made a presentation yesterday (I'm usually insanely inhibited when it comes to public speaking), and I swear to God it went so well (everyone laughed at my joke, etc) the rush was IDENTICAL to good cocaine. Idk if this can be attributed to caber, but I'm ecstatic about it.

Speaking of cocaine, I did a few lines during week three. The coke wasn't even that good, just street shit, but it put me on cloud nine. I'm pretty sure this has something to do with the lack of prolactin (which spikes when cocaine leaves your system). During the coke high I applied for five different jobs at college, in order to start making more money to spend on cocaine.

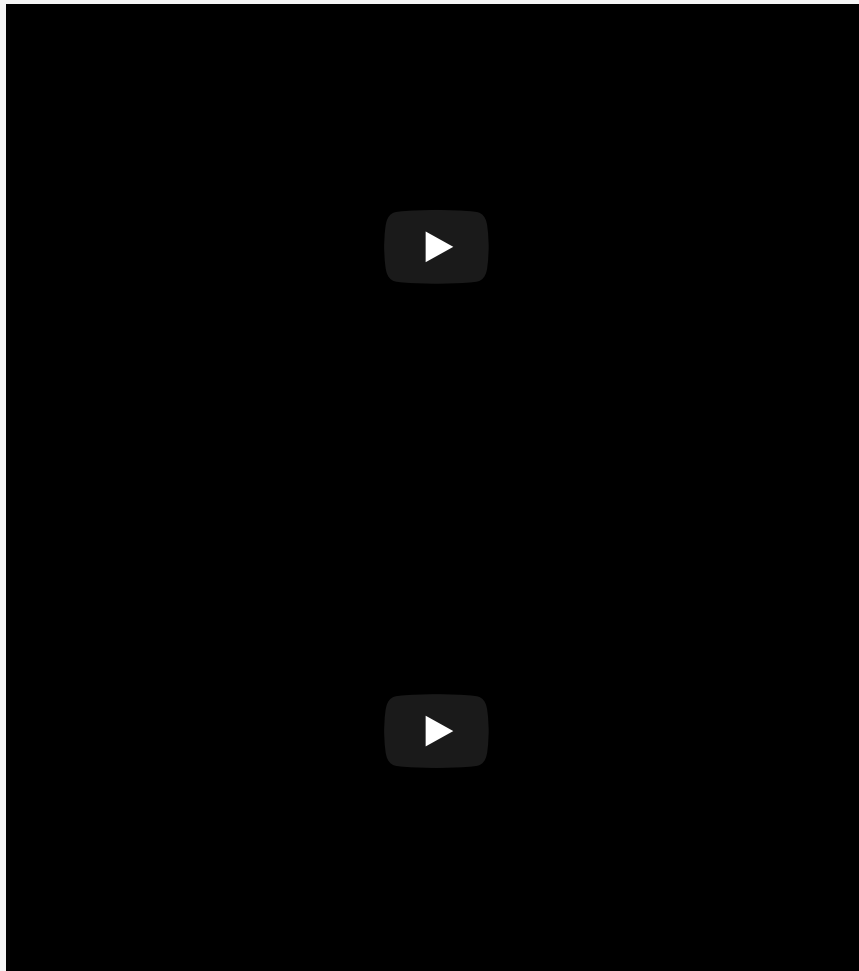
I got one thanks to nailing the interview, so I start selling jeans to jbs at American Eagle at the mall within the week.

When it comes to girls, I made another impulsive decision and bought the new iphone to shoot portrait mode pics of myself in various places around town and pimp out my tinder. Matches have gone THROUGH THE FUCKING ROOF since I reset my account, sitting at just over 130 after ten days. I've capitalized on three girls so far, just by mass-sending the line that's in a classic thread here to the sluttiest-looking ones: "So you like my profile? I had a tough time finding pictures that didn't look like I was showing off my stacks of money and huge dick."

#### Conclusions

This regime has made me more assertive, confident, narcissistic, and has definitely heightened my preexisting mania from BPD. I am insanely superficial, egotistical, and self-important. My body feels great, and I'm barely sleeping. My introspective tendencies are still there, but basically blunted. I don't have the capacity to judge myself anymore. I am the shit. I am a fucking winner. I love myself. I have a legit lust for life. I feel no compulsion to log on to \*\*\*\*\* or forums anymore, in fact it's basically boring unless I'm getting showered with

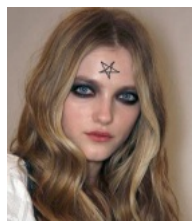
validation.



Anyway, this might be my last post here. I want to thank everyone, because there's a lot of good information here if you know how to sift past the weird histrionic incel drama. Hopefully this helps someone in my previous position. Cheers.

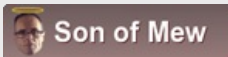
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aaa

Senior Member



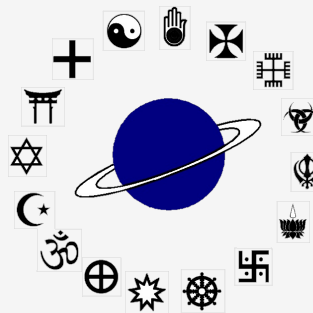
Posts: 461  
Threads: 15  
Joined: Sep 2018  
Reputation: **780**

Find

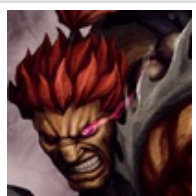
01-10-2019, 07:33 PM

#2

why have you included those music videos



Reply



RealRob

01-10-2019, 07:41 PM

#3

Nice, u increased your dopamine, this is what happens.

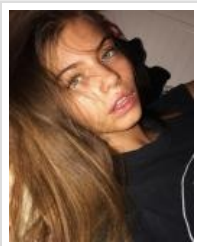
Personally, I cannot tolerate caber, I get so god damn fucking tired I wanna do NOTHING.

Banned

Posts: 9,174  
Threads: 1,203  
Joined: Jul 2015

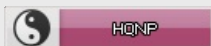
Find

Reply



skylo

Senior Member



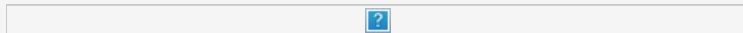
Posts: 623  
Threads: 49  
Joined: Apr 2018  
Reputation: 486  
Slay Count: 22

Find

01-10-2019, 07:50 PM

#4

love hearing shit like this  
keep making dat schmoney cuz

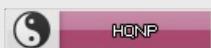


Reply



WhyAmIHere

Senior Member



Posts: 939  
Threads: 108  
Joined: Oct 2018  
Reputation: 1,409

Find

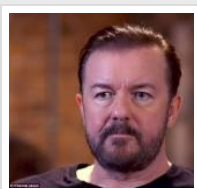
01-10-2019, 07:55 PM

#5

Wow a legit post



Reply



Golgonto

Associate of Josh



Posts: 1,932  
Threads: 90  
Joined: Nov 2018  
Reputation: 12,304  
Tinder Matches: Zero  
Dates: Zero  
Kisses: Zero  
Slay Count: 50+ Slayer

Find

01-10-2019, 07:56 PM

#6

Incoming dopamine nosedive

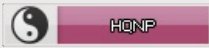
## Researcher

Lookism researcher  
Vice president

Reply



**highT**  
Super Poster



Posts: 1,795  
Threads: 129  
Joined: Aug 2018  
Reputation: **6,361**

**whiteboi Wrote:** →

(01-10-2019, 07:27 PM)

**During the coke high I applied for five different jobs at college, in order to start making more money to spend on cocaine.**

**I got one thanks to nailing the interview, so I start selling jeans to jbs at American Eagle at the mall within the week.**



Lol you better be careful OP. That's nice that you're feeling good but that's some messed up shit tbh

"Why did the heathen rage, and the people imagine vain things?"

Find

Reply

01-10-2019, 11:47 PM (This post was last modified: 01-10-2019, 11:57 PM by rickfoley.)

#8



**rickfoley**  
Senior Member



Posts: 348  
Threads: 54  
Joined: Jan 2019  
Reputation: **-73**

**aaa Wrote:** →

(01-10-2019, 07:33 PM)

why have you included those music videos

i think the one piece was included in the big caber thread that got stickied and apparently inspired op...

<https://lookism.net/Thread-if-you-dont-t...ven-trying>

whether its a good idea to listen to advice from paulus the fraudus aka paulus the bald aka paulus the janitor aka paulus the mentally ill is another story

but so far it seems t work for him. everything seems to work like paulus promised. so good for him. he lives a rockstar life now and this what everyone wants here no?

ultimate lifehack to become more low inhib: <https://lookism.net/Thread-lifehack-easi...low-inhib>

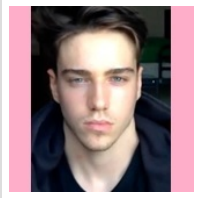
easy, quick and painless method to kill yourself: <https://lookism.net/Thread-lifehack-easi...pid3851072>

why vitamin E will change your life to the positive: <https://lookism.net/Thread-MEGADOSE-vita...CTIN-STUDY>

the music im listening to when i post here: <https://youtu.be/Hqo-UMGsFww>

Find

Reply



**orbmaxxing**  
Member



Posts: 59  
Threads: 4  
Joined: Oct 2018  
Reputation: **35**

Find

01-11-2019, 12:00 AM

#9

what do you think had the biggest impact on your results?  
cabergoline, nofap, or gymcelling?



Reply



**Leans**  
Slayer



Posts: 6,701  
Threads: 582  
Joined: Mar 2016  
Reputation: **6,423**

Find

01-11-2019, 10:34 AM (This post was last modified: 01-11-2019, 10:37 AM by Leans.)

#10

Nofap in itself is dopamine boosting!  
I'm on like day 5 on nofap and just taking zma, dvitamin, daa  
and starting to get that "teenager feel" again. I conclude it must be hormones that elevates.  
On vacation now but next week going to pound the gym too and add some creatine



Reply



**rickfoley**  
Senior Member

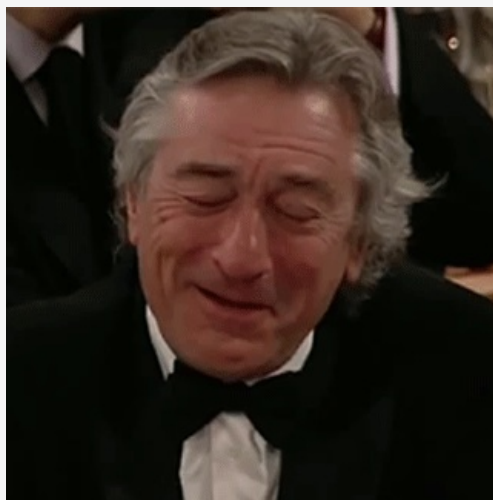


Posts: 348  
Threads: 54  
Joined: Jan 2019  
Reputation: **-73**

Find

01-11-2019, 01:39 PM (This post was last modified: 01-11-2019, 02:02 PM by rickfoley.)

#11



yes its not the medication that interacts with dopamin receptors and is well known to cause exactly this kind of  
of described (yet unwanted and in longterm probably harmful) psychological sideeffects...

no it must be the nofap. after all we all read all the amazing stories from permavirgins on reddit about nofap

and how they almost found the courage to approach a girl after they went on nofap for 465 days

i dont say nofap is bad (personally i try not to fap more than 1-2xper week) but you just know that the same kind of people who believe the strongly exaggerated stories (placebo effect) and pseudo science on reddit about nofap are the same kind of people who unironically believe in bonesmash theory (wolffs law bro!! if i smash my wrists it will visible grow!!!!) or facepulling

almost as stupid as trusting the recommendation of a random retard without medical background on the internet about a medication which for a reason normally needs to be prescribed by a doctor

this is the problem with the internet: a few decades ago crazy people were forced to interact with normal, mentally sane persons. they would have said their crazy shit, the others would have replied with "no thats retarded, dont do it" and that would have been the end of story

nowadays people go online and they just find the other 50 people on this 7 billion planet who are just retarded as they are, now encouraged and motivated to keep doing the crazy and stupid shit they are doing. people dont go to a doctor anymore - because now its apparently enough when you read a ncbi article or a steroid guide on an internet forum

to make it very clear: i think majority of you is extremely retarded, beyond help and should be not allowed to use the internet without supervision

rick foley out

ps this being said, i might look into caber. its like steroids, drugs. helpful shortterm and damaging in the longterm. im not planning to be the oldest and most healthy body on the graveyard - so fuck it.

ultimative lifehack to become more low inhib: <https://lookism.net/Thread-lifehack-easi...-low-inhib>

easy, quick and painless method to kill yourself: <https://lookism.net/Thread-lifehack-easi...pid3851072>

why vitamin E will change your life to the positive: <https://lookism.net/Thread-MEGADOSE-vita...CTIN-STUDY>

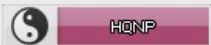
the music im listening to when i post here: <https://youtu.be/Hqo-UMGsfWw>

Find

Reply



**whiteboi**  
caberbrah



Posts: 1,210  
Threads: 98  
Joined: Oct 2018  
Reputation: **7,881**  
Tinder Matches: 1000+  
Dates: Zero  
Kisses: Zero  
Slay Count: Virgin  
Relationships: 1

01-11-2019, 10:41 PM (This post was last modified: 01-11-2019, 10:44 PM by whiteboi.)

#12

**orbmaxxing Wrote:** →

(01-11-2019, 12:00 AM)

what do you think had the biggest impact on your results?

cabergoline, nofap, or gymcelling?

Considering I've gone on nofap streaks before, definitely caber

**Pinhead Wrote:** →

(01-11-2019, 01:58 PM)

my dick is dead and my shbg plus lsh fsh are all whack

can caber help?

What do you have to lose by trying? I paid \$50 btc on alldaychemist for a three month supply.

**highT Wrote:** →

(01-10-2019, 10:37 PM)

**whiteboi Wrote:** →

(01-10-2019, 07:27 PM)

**During the coke high I applied for five different jobs at college, in order to start making more money to spend on cocaine.**

I got one thanks to nailing the interview, so I start selling jeans to jbs at American Eagle at the mall within the week.



Lol you better be careful OP. That's nice that you're feeling good but that's some messed up shit tbh

Cocaine is a nice lunch. I'm not retarded. I can't afford (financially or physically or mentally) to do coke any more than a few times a month.

Find

Reply



**Narnia** ●

Al-Masih ad-Dajjal



Posts: 4,109  
Threads: 233  
Joined: Jan 2019  
Reputation: **15,338**  
Kisses: 100+

01-11-2019, 11:03 PM

#13



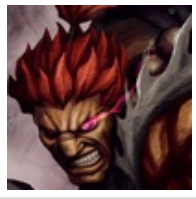
Keep ascending man. Got dopamine spike by just reading this





Find

Reply



**RealRob**  
Banned

Posts: 9,174  
Threads: 1,203  
Joined: Jul 2015

01-11-2019, 11:10 PM

#14

**Leans Wrote:** →

(01-11-2019, 10:34 AM)

Nofap in itself is dopamine boosting!

I'm on like day 5 on nofap and just taking zma, dvitamin, daa

and starting to get that "teenager feel" again. I conclude it must be hormones that elevates.

On vacation now but next week going to pound the gym too and add some creatine

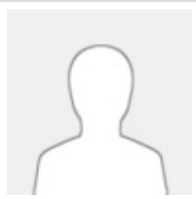


Yes it does in fact strenghten dopamine d2 receptors and androgen receptors.

Ive noticed, when I dont ejaculate in 1-2 weeks (which is very difficult on test) i start enjoying music more.

Find

Reply



**zaynmalik10**  
Member



Posts: 232  
Threads: 75  
Joined: Jan 2019  
Reputation: **145**

01-12-2019, 12:54 AM

#15

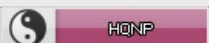
Also try fasting , that strengthens d2 receptors aswell

Find

Reply



**whiteboi**  
caberah



Posts: 1,210

01-12-2019, 03:10 AM

#16

**zaynmalik10 Wrote:** →

(01-12-2019, 12:54 AM)

Also try fasting , that strengthens d2 receptors aswell

Yeah, should've mentioned that. I try to fast 24 hours a few times a week. If a weekend is looking boring like this weekend, I try to fast Friday-Monday. Makes up for the high sodium shit diet I treat myself to when I'm getting hammered on equally bloating gin.

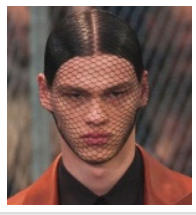




Threads: 98  
Joined: Oct 2018  
Reputation: **7,881**  
Tinder Matches: 1000+  
Dates: Zero  
Kisses: Zero  
Slay Count: Virgin  
Relationships: 1

Find

Reply



**yollneverknow**  
Deformed O' Pry



Posts: 2,387  
Threads: 258  
Joined: Jun 2018  
Reputation: **4,020**

Find

01-12-2019, 03:54 AM

#17

so fapping everyday is unhealthy and having intercourse everyday is healthy.... makes sense



Reply



**Leans**  
Slayer



Posts: 6,701  
Threads: 582  
Joined: Mar 2016  
Reputation: **6,423**

01-12-2019, 07:53 AM (This post was last modified: 01-12-2019, 07:56 AM by Leans.)

#18

**zaynmalik10 Wrote:** →

(01-12-2019, 12:54 AM)

Also try fasting , that strengthens d2 receptors aswell

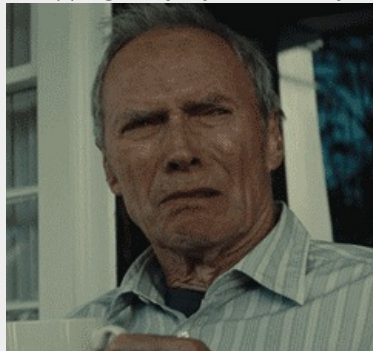
How short fast can strengthen them? 6 hours?

I regularly fast by skipping breakfast or/and lunch. Which is a 18-24 h fast basically.

**yollneverknow Wrote:** →

(01-12-2019, 03:54 AM)

so fapping everyday is unhealthy and having intercourse everyday is healthy.... makes sense



Not sure, if I have sex with a medioker girl I can feel noticably worse than before

Thoughts of regret and feeling of it not being worth it, especially if I'm sober



**Leans**  
Slayer



Posts: 6,701  
Threads: 582  
Joined: Mar 2016  
Reputation: **6,423**

01-12-2019, 08:25 AM

#19

**RealRob Wrote:** →

(01-11-2019, 11:10 PM)

**Leans Wrote:** →

(01-11-2019, 10:34 AM)

Nofap in itself is dopamine boosting!

I'm on like day 5 on nofap and just taking zma, dvitamin, daa

and starting to get that "teenager feel" again. I conclude it must be hormones that elevates.

On vacation now but next week going to pound the gym too and add some creatine



Yes it does in fact strenghten dopamine d2 receptors and androgen receptors.

Ive noticed, when I dont ejaculate in 1-2 weeks (which is very difficult on test) i start enjoying music more.

Legit mein bruder

I'm enjoying music right now, almost like on phenibut



**rickfoley**  
Senior Member



Posts: 348  
Threads: 54  
Joined: Jan 2019  
Reputation: **-73**

01-12-2019, 06:05 PM

#20

we should sticky this threa

its a positive example of ascension nontheless

ultimative lifehack to become more low inhib: <https://lookism.net/Thread-lifehack-easi...low-inhib>

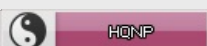
easy, quick and painless method to kill yourself: <https://lookism.net/Thread-lifehack-easi...pid3851072>

why vitamin E will change your life to the positive: <https://lookism.net/Thread-MEGADOSE-vita...CTIN-STUDY>

the music im listening to when i post here: <https://youtu.be/Hqo-UMGsfWw>



**whiteboi**  
caberbrah



Posts: 1,210

01-12-2019, 06:22 PM

#21

**youllneverknow Wrote:** →

(01-12-2019, 03:54 AM)

so fapping everyday is unhealthy and having intercourse everyday is healthy.... makes sense

Threads: 98  
Joined: Oct 2018  
Reputation: **7,881**  
Tinder Matches: 1000+  
Dates: Zero  
Kisses: Zero  
Slay Count: Virgin  
Relationships: 1



Masturbation isn't the central issue of nofap if you're addicted to porn. Porn is absolute shit for your dopamine system and will make the real thing far less satiating. If you're addicted to porn, you can't divorce the two. Personally I can't masturbate without porn, so the only option is to abstain completely.

That said, there are also myriad differences in terms of the neurological effects of a sex-induced orgasm vs a masturbation-induced orgasm... You simply don't get the same sort of endorphins from beating your meat with your hand as you do cumming deep inside a woman screaming your name. Without the ego validation of sex, orgasms are pointless and just make me depressed.

This is not to mention semen retention theory, which people like Mike Tyson, Voltaire, Steve Jobs, Pythagoras and his cult, and Plato all practiced.

---

Find

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**whiteboi** ●  
caberbrah



Posts: 1,210  
Threads: 98  
Joined: Oct 2018  
Reputation: **7,881**  
Tinder Matches: 1000+  
Dates: Zero  
Kisses: Zero  
Slay Count: Virgin  
Relationships: 1

Find

02-26-2019, 08:22 PM

#22

Update: I've been off caber since the end of January, am slowly returning to baseline. I didn't get DAWS or anything like that but I may have upregulated my dopamine receptors, not sure. My life is still much better than it was before this regimen, and I plan on going back on caber in March, maybe 1mg/week this time. This month I've just been eating healthy and exercising, staying sober for the most part. My energy levels and sex drive are much lower than they were on caber, but definitely higher than they were beforehand. My depression has also returned, albeit very slightly--I find I can now control it and push negative thought loops out of my head. Overall I'd say I'm still significantly less inhibited. Not sure what the long-term potential is of this, but another cycle probably won't hurt, from the research I've done on pubmed. I'll probably be cycling it concurrently with 25mg MK-677, as a way to balance out the cognitive effects of cabergoline (in retrospect, it definitely gave me a bit of brain fog) and assist my pre-summer cut. I'll have to research more about that and make sure it won't make my heart explode, though.

---

Reply



**Supreme Cunt** ●  
instead: "hell is other people"



Posts: 3,508  
Threads: 243  
Joined: Jan 2019  
Reputation: **4,867**

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02-26-2019, 09:12 PM

#23

it's amazing how some guys can last for so long on nofap

I can barely last a week

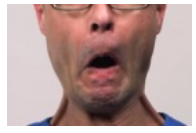
Reply



02-26-2019, 10:44 PM

#24

Got caber partly because of this thread, 3 doses in and I've been sleeping for 10h when usually I need 8. Could



## HaveYouTriedTrying

Super Poster



Posts: 1,437  
Threads: 215  
Joined: Jan 2019  
Reputation: **1,130**

Find

be unrelated though, you ever experience anything like this?

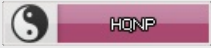
How bad exactly was your public speaking before caber btw? I'm supposed to do a talk for my master's project and have only had terrible experiences with severe public speaking phobia, legs violently shaking, voice cracking etc. You think there's any chance caber helps? Will also be on beta blockers and maybe xanax.



Reply



whiteboi  
caberbrah



Posts: 1,210  
Threads: 98  
Joined: Oct 2018  
Reputation: **7,881**  
Tinder Matches: 1000+  
Dates: Zero  
Kisses: Zero  
Slay Count: Virgin  
Relationships: 1

Find

02-26-2019, 11:33 PM (This post was last modified: 02-26-2019, 11:41 PM by whiteboi.)

#25

HaveYouTriedTrying Wrote: →

(02-26-2019, 10:44 PM)

Got caber partly because of this thread, 3 doses in and I've been sleeping for 10h when usually I need 8. Could be unrelated though, you ever experience anything like this?

How bad exactly was your public speaking before caber btw? I'm supposed to do a talk for my master's project and have only had terrible experiences with severe public speaking phobia, legs violently shaking, voice cracking etc. You think there's any chance caber helps? Will also be on beta blockers and maybe xanax.

Oh man, public speaking was/is the worst for me. Racing thoughts, severe adrenaline rush, sweaty palms, shaky voice, the whole nine yards. I would get this even when it came to small stuff, like talking in a seminar (still sometimes do). Caber helped a lot, maybe not in the sense that I took caber and instantly became a public speaking god--I still have to take a small dose of etizolam for longer stuff--but it made me... not give as much of a fuck. My attitude shifted from "Oh God I just have to get through this" to "I worked on this, I'm gonna fucking crush it" and after the first few successes I built a solid foundation of confidence. It's the dopaminergic action, you're more committed to achieving the outcome you want, and GODS does it feel incredible when you do. I mean, like I said in the OP, it's roughly analogous to the rush of cocaine. It's victory. That, for me, translated into a much easier time. YMMV.

Supreme Cunt Wrote: →

(02-26-2019, 09:12 PM)

it's amazing how some guys can last for so long on nofap

I can barely last a week

It's because finasteride nuked my libido

Personally after day 20 it gets really easy for me, the urges go away, and I enter a sort of flatline since I'm so addicted to porn. I lost count of what day I'm on, haven't fapped since 2018, but I have no desire to view porn at all. Morning wood goes away after 20-30 days for me and comes back at day 60-70, my sex drive is much lower than it is when I watch porn, but I can get erect with girls more easily and my brain is a lot clearer.



Reply



Forever  
Senior Member



Posts: 934

03-03-2019, 06:09 PM

#26

Can you tell me how and where did you buy caber?  
Online? Or in a pharmacy?  
Caber lowers prolactin right? So it will be good for my hairloss and nofap

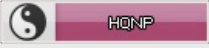
Threads: 114  
Joined: Dec 2016  
Reputation: **974**

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**whiteboi**  
caberbrah



Posts: 1,210  
Threads: 98  
Joined: Oct 2018  
Reputation: **7,881**  
Tinder Matches: 1000+  
Dates: Zero  
Kisses: Zero  
Slay Count: Virgin  
Relationships: 1

Find

03-03-2019, 07:49 PM

#27

**Forever Wrote:** →

(03-03-2019, 06:09 PM)

Can you tell me how and where did you buy caber?  
Online? Or in a pharmacy?  
Caber lowers prolactin right? So it will be good for my hairloss and nofap

alldaychemist, it's an Indian online pharmacy. Paid in bitcoin, took around three weeks to get to the US.



Reply



**TRT**  
Newbie



Posts: 0  
Threads: 0  
Joined: Jul 2015  
Reputation: **130**

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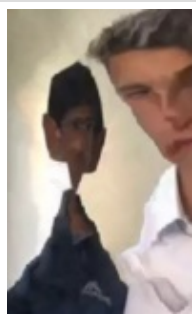
03-04-2019, 03:53 PM

#28

about to take my second dose of caber, already noticed similar changes to you since taking first dose 4 days ago, placebo or not, we shall see. also hoping it lowers prolactin and thus reduces my minor puffy nipples somewhat.

mog or be mogged

Reply



**ZagReborn**  
Senior Member



Posts: 287  
Threads: 6  
Joined: Feb 2019  
Reputation: **265**  
Relationships: 18

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03-04-2019, 04:01 PM

#29

Cabergoline isn't sustainable in a long run. It severely fucks up heart.



Reply



03-05-2019, 05:25 AM (This post was last modified: 03-05-2019, 05:28 AM by whiteboi.)

#30

**ZagReborn Wrote:** →

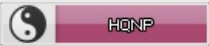
(03-04-2019, 04:01 PM)

Cabergoline isn't sustainable in a long run. It severely fucks up heart.



**whiteboi**

caberbrah



Posts: 1,210  
Threads: 98  
Joined: Oct 2018  
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Tinder Matches: 1000+  
Dates: Zero  
Kisses: Zero  
Slay Count: Virgin  
Relationships: 1

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Nope. That's only been seen in Parkinson's doses, which are multiple mgs a day. You shouldn't take more than 1mg a week.

On .5-1mg weekly very few people get sides, and the sides they do get are mostly naseau or fatigue. Valvular heart disease has yet to be linked to low-dose cabergoline regimens. Bodybuilders have been using it for ages.

**TRT Wrote:** →

(03-04-2019, 03:53 PM)

about to take my second dose of caber, already noticed similar changes to you since taking first dose 4 days ago, placebo or not, we shall see. also hoping it lowers prolactin and thus reduces my minor puffy nipples somewhat.

Good luck bro. Hope it helps you.

Reply

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