

SR-9009 (Stenabolic) Overview

Why We Need It

SR-9009, also known as Stenabolic, is a synthetic Rev-ErbA agonist, not a SARM, but often marketed alongside them due to its performance-enhancing, fat-burning, and endurance-boosting properties. Originally developed to study circadian rhythm and metabolic regulation, SR-9009 is commonly researched for its potential to increase fat loss, improve stamina, and enhance mitochondrial function. It is not FDA-approved, and remains strictly investigational.

Mechanism of Action

SR-9009 activates Rev-ErbA (Rev-Erb- α), a nuclear receptor that regulates circadian rhythm, metabolism, and mitochondrial biogenesis.

By binding to this receptor, SR-9009:

- Increases fat oxidation and glucose metabolism
- Enhances mitochondrial density and activity in muscle tissue
- Suppresses lipogenesis (fat creation) and inflammatory gene expression
- Mimics some effects of aerobic exercise at the molecular level
- This makes SR-9009 a popular research candidate for fat loss, endurance enhancement, and metabolic support.

Functions and Benefits

- Boosts endurance and stamina by enhancing oxidative metabolism
- Promotes fat loss without muscle loss
- Improves mitochondrial function and energy efficiency
- Reduces inflammation and metabolic dysfunction
- No hormonal suppression – safe to use without PCT

Medical-Grade Dosing

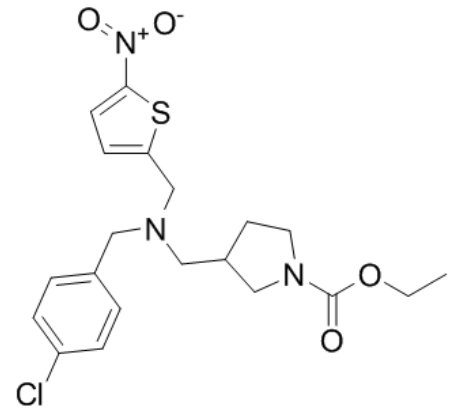
Dose: 10–30 mg per day (split into multiple doses due to short half-life)

Frequency: 2–3x daily (half-life ~4 hours)

Cycle Duration: 4–8 weeks (experimental)

Post-Cycle Therapy (PCT): Not required (non-hormonal)

Liver Support: Not typically required, but general health monitoring is recommended



Pharmacology and Bioavailability

- Orally active, but poor bioavailability (research-grade only)
- Activates Rev-ErbA, not androgen receptors
- Short half-life requires multiple daily doses or time-released delivery methods
- Non-toxic to liver in short-term animal studies
- Not approved for human use, strictly investigational

Administration Guidelines

- Split dosing into 2–3 times per day for stable blood levels
- Ideal for cutting or endurance-based research models
- Monitor lipid and glucose markers in long-term use
- Do not combine with stimulants or other Rev-Erb agonists unless studied together

Conclusion

SR-9009 (Stenabolic) is a powerful metabolic enhancer that mimics the effects of aerobic training through Rev-ErbA activation, promoting fat loss, improved endurance, and mitochondrial efficiency. As a non-hormonal, non-androgenic compound, it is ideal for cutting cycles and performance-focused research, though its short half-life and low bioavailability require careful dosing and professional oversight in all experimental applications.