



Program Guide for HCG Life Drops and a Successful Weight Loss

How does the Science behind the HCG Life Drops work?

HCG is a natural hormone, quickly absorbed, that activates the Hypothalamus to release and mobilize the abnormal fats (extra) that is found in your body and uses this as a source of energy or a source of food. So, when you are on a very low calorie diet, HCG Life Drops helps your body compensate the difference in calories that it needs to function through the use of stored fat making it a source of food for your body. Thus resulting in a rapid weight loss. Through the use of the HCG Life Drops and Dr. Simeons protocol, this will help you obtain your “ideal correct body weight.”

Three (3) main benefits in liberating the abnormal fats:

- The stored fat helps sustain your bodies daily calorie needs.
 - The fat will be burned in the areas that are most difficult to lose.
- The homeopathic formula of the HCG Life Drops is taken orally, under the tongue, preventing a negative impact on the normal muscular tissue or muscles.
- You will lose weight (1-2 pounds a day).

The Unique Formula in the HCG Life Drops

The active ingredients in our exclusive formula, comes from the highest U.S. Pharmacopeial grade of the Human Chorionic Gonadotrophin Hormone and amino acids available. We have added three (3) amino acids in our formula to help provide optimum results during the weight loss.

Amino

Benefits

Acetyl – L carnitine

Mobilizes the fats, improves brain function, increases the levels of energy.

L – arginine

Improves the blood flow through the heart, relaxes the blood vessels.

L – ornithine

Helps increase the muscle growth, reduced the body fat, a healthier skin, increase in energy.

How do I begin?

Dr. Simeon's diet is divided in 4 stages. Please read carefully, following these steps are extremely important in obtaining vital results.

**Women: To obtain optimum results, it is best to begin this program the first day after your menstrual cycle.*

Stage 1: This stage consists of 3 days, in which you should weigh yourself every morning, after going to the bathroom and keep a record (write it down) every morning. Take 10 drops of HCG Life Drops, 30 minutes before any main food (breakfast, lunch, dinner). Hold the 10 drops under your tongue for 5 minutes; this increases the absorption of the drops by the body. Do not drink or eat anything 15 minutes before or after taking the drops. Do this every day with the drops during your Stage 1. **In this stage, the drops will help identify where in your body, the abnormal fats are stored.** So in this 1st Stage, eat all foods that are high in fats and high in calories. ENJOY these 3 days, nothing is out of limits.

Stage 2: Continue taking the drops as in Stage 1. In this 2nd Stage, the HCG Life Drops will begin to convert the stored fat into energy as you begin today, your Very Low Calorie Diet (VLCD).

*Drink 10 glasses of water a day.

*Continue the weighing every morning, after going to the bathroom (no clothes) writing down the weight.

**Women:* If you should be in your menstrual cycle while you begin your HCG Life Drops, do not take the drops during your first three days of your cycle.

*Keep doing your 500 calories per day meal plan.

*You can do the program from 23 to 40 days, taking the HCG Life Drops.

*ONLY eat the foods allowed in the list. (This will be mentioned later on). Do not skip any meals. Your 500 calories consist of Proteins, Vegetables and Fruits.

*Remember, HCG Life Drops will help your body use from the stored fat 1,500 calories, so you will not only be in taking 500 calories. ($1,500 + 500 = 2,000$ calories per day)

Proteins: (2 portions per day) 3 ½ oz. each or (100 grams) choose from: Beef LEAN, Chicken Breast (no skin), Shrimp, White Fish (ex. tilapia, sea bass), crab, lobster, lamb.

Vegetables: (2 portions per day) 3 ½ oz each or (100 grams) choose from: tomatoes, cucumbers, celery, asparagus, radish, cabbage, large onion or any type of onion, broccoli, cauliflower, chard leaf. Lettuce and Spinach are UNLIMITED.

Fruits: (2 portions per day) Choose from: 1 medium Apple, 1 orange, 1 peach, strawberries (6 medium sized), 1 medium grapefruit, 1 fistful of berries (raspberries, blueberries), Melon Cantaloupe, Lemon.

Melba toast: Eat 3-4 pieces per day without any butter or jams.

Liquids: You can drink all the Iaso Tea you desire, black coffee or Iaso Coffee, and water. Sweeten with Stevia. Only one tablespoon of milk is allowed every 24 hours.

You can cook or prepare your foods with herbs and spices, whichever you like.

Use Sea Salt, Lemon and Vinegar for the rest.

Stage 3: At the end of your 23 or 40 days, depending on the time you chose to do this program in your Stage 2, continue your meal plan of 500 calories per day for three (3) more days, without the HCG Life

Drops. The HCG is still in your bloodstream and you will continue to lose weight these three days.

Stage 4: After the three days of Stage 3, you will begin to intake daily:

1,200 calories for WOMEN; 1,500 calories for MEN

Except: white flour products, sugars, white rice, regular pasta, soda.

Allowed: any whole grain: whole grain rice, oatmeal, whole grain pastas, etc.

*IF upon weighing yourself, you notice that you have gained 2 pounds; at dinner that day, you will have a **Steak Day** with Vegetables. (This will be your last meal for that day).*

*Do not force the body to do exhausting exercises, walk for 30 minutes. If you already have a routine, lower the intensity.

*If 3-4 days have passed and you have not lost any weight, do an **APPLE DAY**. Eat during one entire day, ONLY 6 apples, plus your HCG Life Drops and any other supplement and drink your liquids as well.

Stage 4 is very important, since we are reprogramming your hypothalamus to record your new weight and you will not regain the weight you have lost when you begin to eat your calories allowed in Stage 4. Your body has been in a strict meal program for 23-40 days, it has learned to eat appropriately with correct meals and portions.

*After this stage, you will begin to gradually intake cereals, brown sugar, syrup, etc, in small portions. (THE KEY IS TO DO THIS SLOWLY), keep weighing yourself every day.

If you notice you have gained 2 pounds you can do the **Steak Day or the Apple Day** and the next morning your weight will be back to normal.

Now you have learned a new way of living and eating, share with others the benefits of the HCG Life Drops. See your new body and continue having good eating habits and exercise to keep your new weight for life, be happy and smile. Remember your health is FIRST.

****If you need to lose more weight, after Stage 4, rest for 3 weeks and begin a new cycle from Stage 1 to Stage 4 of the HCG Life Drops for the next 23 to 40 days.***

Disclaimer:

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

The actual weight loss following the HCG Life Drops program can vary from person to person. The true experience of each person will depend on their commitment and responsibility in their goal to lose weight, the time set for this goal, your age, your current health, how exact you follow the weight loss program, any limitations set forth by your doctor or any other factor that may come into play.

Frequently Asked Questions about the HCG Life Drops Diet

What is HCG?

HCG stands for Human Chorionic Gonadotrophin. It is a complex molecule that contains over 244 amino acids. It is found in all human tissue, both men and women. HCG is a natural hormone, naturally produced in great quantities during pregnancy to ensure adequate nutrients for the developing baby. HCG is what triggers the hypothalamus to mobilize the stored fats in the bloodstream to be used as a source of food. It is believed that it resets your metabolism and serves to protect the good fat from your body and maintain the muscle tissue from breaking down (which occurs in other low-calorie diets without HCG use).

What is homeopathic HCG?

To understand what it is, first you must know the meaning of homeopathy. It is a powerful and innovative alternative medicine, used for hundreds of years, where the original product becomes more powerful when diluted. The drug ends up losing its original content, but it becomes more powerful.

What is homeopathy?

Homeopathy is a form of alternative medicine in which doctor's use very diluted preparations. Homeopathy was proposed for the first time by German physician Samuel Hahnemann in 1796, based on an axiom ipse dixit formulated by Hahnemann, he called the law of similar; preparations which cause certain symptoms in healthy people are given in diluted form to patients with similar symptoms.

The homeopathic remedies are prepared by diluting in a series of shakes and strong shocks. After each dilution, the effect increases. The homeopaths call this dynamic process. The diluting is continued until none of the original substance remains.

Homeopathy is a form of 1st class drug that is used worldwide. Science goes back to the 1700s. The FDA has regulated the manufacture of the homeopathic medicines similar to that of pharmaceutical products since 1938. Homeopathic remedies are much safer and effective than its pharmaceutical counterparts. This is why the FDA allows the homeopathic remedies to be sold without a prescription.

What is the history of the HCG Diet?

Many people are surprised to learn that the history of the HCG diet goes back almost sixty years. Although HCG diets have gained wide attention only in recent years, basic research of these programs goes back to the 1950s, and originated in India.

Dr. Simeons visits Mumbai.

Dr. ATW Simeons was born in London in the early 20s. After the First World War, he attended medical school at the University of Heidelberg, Germany, where he graduated with honors. After that, went on to further training in endocrinology at the facilities in Switzerland and Germany, eventually taking a position at a hospital near Dresden.

Finally, Dr. Simeons developed an interest in tropical diseases. En the following years, his interest took him to Africa and finally, Bombay (Mumbai), India in 1931. He settled there until 1949.

During his years in India, Dr. Simeons studied the effects of malnutrition in pregnant women and the causes and effects of obesity in patients with pituitary disorders. It was during the course of this investigation when he came to a startling conclusion about the nature of obesity. In his book "Pounds and Inches: A new approach to obesity," Simeons wrote: "...obesity in all its many forms is due to an

abnormal functioning of some part of the body and that every ounce of abnormally accumulated fat is always the result of the same disorder of certain regulatory mechanisms. Persons suffering from this particular disorder will get fat regardless of whether they eat excessively, normally or less than normal. A person who is free of the disorder will never get fat, even if he frequently overeats."

The cure for obesity

In treating obese patients, Dr. Simeons discovered that by administering low doses of human chorionic gonadotrophin (HCG), a water soluble hormone produced by the fetus during pregnancy and in the urine of pregnant women, patients actually began to use fat instead of muscle mass when they are being fed a diet low in calories.

It has since been discovered that HCG is responsible for the regulation of the hypothalamus gland that controls metabolism and the use of resources body as fat. While all people are born with an abundant supply of HCG, this runs in adulthood. Substitution or replacement of HCG reprograms, corrects the imbalance and the hypothalamus uses stored fat when calorie intake is reduced.

How long has HCG been used?

In the 1950s, Dr. ATW Simeons began using small doses of HCG in obese patients to reduce appetite and weight loss and decreased observed inches around the hips, thighs, buttocks and stomach. This has continued to gain in popularity as an effective, economic and natural weight loss.

How does the HCG work?

HCG is acquired orally under the tongue to absorb quickly, which allows a person to survive more on their stored fat rather than what they eat. It activates the body to provide a steady stream of "food" received from the fat your body has stored. That means burning from 3,500 to 4,000 calories of stored fat per day and this leads to the loss of 1 to 2 pounds per day.

Studies on this weight loss have shown that the actual weight loss on people following the Simeons protocol comes directly from adipose tissue fat and not muscle mass. Thus, the weight loss comes directly from unhealthy fats and does not remove the body of the necessary muscle, essential vitamins and minerals for good health, while at the same time, excessive amounts of nutrients released from stored fat in the bloodstream are absorbed by the body. For this reason, the HCG diet provides a wonderful, healthy look and feel, while you lose the negative health risks that you had as an overweight person.

Three types of fat

Dr. Simeons documented three types of fat in the human body.

1. The first type of fat is called "**structural fat**" that fills the gaps between various organs, a sort of packing material. It is very necessary to function as normal and healthy.
2. The second type of fat is a **normal reserve of fuel** in which the body can freely acquire when nutrient input in the intestinal tract is insufficient to meet demand. Such normal reserves are located throughout the body. Fat is a substance, which contains the highest caloric value in the shortest reserve space for the normal fuel for muscle activity and the maintenance of body temperature can be stored more economically in this way. These two types of structural fat, and reserve, are normal.
3. But there is a third type of fat that is **totally abnormal**. It is the accumulation of fat and fat only, in which the patient is overweight. This accumulation of **abnormal fat** is also a potential reserve of fuel, but unlike the normal reserves, not available to the body in a nutritional emergency. This, as it were, locked in a fixed deposit and is not maintained in a checking account, like normal stocks.

4. This is the third type of fat, "abnormal fat", that HCG uses as energy.

What is the science behind the HCG for weight loss?

Dr. Simeons devoted his life to research on obesity. He came to the conclusion that obesity was a disease as most people have medical problems. This is the reason why some people can eat all they want about anything they want and never gain weight. He found that weight gain and, more directly, the metabolic rate of each person, were a function of the hypothalamus gland, which is part of the brain that determines the amount of fat the body burns for energy and the amount of fat stored for future use as energy.

Most diets that include rigorous exercise will help you lose weight and fat. But as soon as they return to the routine before the diet, they will gain weight faster. Dr. Simeons knew that this should not be and therefore dedicated his life to find a way to "reset" the brain and metabolic rate.

Reset the Brain and Metabolic Rate: What does that mean exactly?

This means that using HCG Life Drops can restore your brain and teach your body to burn fat as a thin person burns calories. HCG reprograms your brain and teaches your body to burn abnormal fat reserves. Leave the fat that the body needs and only burns excess fat deposited.

When finished, your body will burn calories more efficiently and stop storing much of their consumption of calories as fat reserves. In essence, your body will learn that it is not necessary to store fat for future use. You will begin to burn calories as a "skinny" burns calories.

Do I have to follow the low intake of 500 calories a day to be successful?

Yes. Simeons plan always works. It was developed over decades of clinical research with thousands of patients. I will send you an e-mail, the whole scheme of a simplified, easy to understand, and you will be able to make use of this diet the right way as you progress through the plan.

The HCG causes the hypothalamus to mobilize fat from storage sites to be available for use. While you only consume 500 calories, the hypothalamus is continually releasing the fat stored in your body. Because of this, your body is actually operating on thousands of calories a day. The result is that your body burns thousands of calories of fat from your body every day; this is why the HCG diet can help you lose 1-2 pounds of fat or more per day.

What is the hypothalamus gland?

The hypothalamus gland controls the thyroid, adrenals, fat storage, and more importantly, your metabolic rate.

Remember, this is science. It is not conjecture. The HCG diet plan works 100% of the time, if you follow it correctly!

All foods in the plan are foods that you probably eat and things you can find in almost any grocery store.

Who is Dr. Simeons?

Dr. Simeon developed his weight loss plan in the 1950s and died in 1970. His original plan for the HCG was injected into the stomach. With medical advances, homeopathic HCG is now available. Many people who have moved from HCG injections to HCG Homeopathic have been more successful.

Not all HCG are equal.

Our HCG Life Drops are produced here in the U.S.A in FDA-regulated laboratories and under the strictest manufacturing quality since they are certified GMP (Good Manufacturing Practice). The key to the quality of this product is that you use the manual process for their manufacture.

This formula has been manufactured using manual agitation. Many of the automated machinery used modern means to process their formulas, but the delicate array of homeopathic products can be damaged by strong electromagnetic fields created by machines. Manual processing is expensive and time consuming, but produces a superior product and is considered the only true way to produce homeopathic products.

Does HCG have CFR codes from the FDA? (Food and Drug Administration)

No. The FDA does not regulate the health food industry and/or homeopathic. What it requires is that the production facilities meet FDA standards. These rules are known as GMP. There are facilities that are considered standard good manufacturing practice, which is the basic requirement. There are also facilities that are certified GMP, but this is a much more lengthy and costly process.

Our homeopathic HCG Life Drops are manufactured in installations that are certified by the FDA.

You can contact the FDA directly at 1-888-INFO-FDA to confirm that the CFR codes are not necessary for homeopathic remedies. You can also access or click this link to obtain more information on the FDA's website:

<http://www.fda.gov/ICECI/ComplianceManuals/CompliancePolicyGuidanceManual/ucm074360.htm>

Do these drops have an appetite suppressant?

These HCG Life Drops contain amino acids that greatly help to suppress appetite and aid in weight loss process. None of the cheaper brands of HCG contain these amino acids. Once you begin to take our HCG Life Drops you begin to have successful weight loss and are no longer hungry.

Are there any side effects?

No side effects with homeopathic HCG Life Drops. Very few people doing this diet experience headaches or dizziness, light headed on the early days, but this is extremely rare and happens in the first few days only. HCG has been used to lose weight for over 50 years, so there is enough evidence to support their safety.

Is the use of alcohol not harmful in the homeopathic HCG solution?

Alcohol does not kill the homeopathic HCG in a solution. Alcohol has been used for over 200 years in the manufacture of homeopathic remedies. In fact it was originally used by Hahnemann (the father of homeopathy). Alcohol compound actually functions as absorption for the HCG Life Drops, which means that makes them work even better due to the additional absorption when placed under the tongue.

The alcohol is used as a preservative. It is described in the HPUS (Homeopathic Pharmacopoeia of the United States) as part of the manufacturing process. HCG can be preserved without alcohol using purified water, but stability will be limited and the due date will be a little shorter.

In addition, HCG is a naturally occurring peptide (protein) of hormones and therefore cannot be considered "live". Alcohol does not kill or neutralize the hormones. If it did, you would be killing your own hormones when you take one drink and alcohol enters your bloodstream. In addition, all HCG injections contain a solution that includes alcohol.

Will I gain weight after the HCG Diet?

No, no! If you follow the diet for 6 weeks of maintenance (STAGE 4), you will have achieved the hypothalamus to reset! HCG Life Drops regulates the metabolism, and corrects what initially caused the obesity.

Is HCG safe for men and women?

HCG Protocol is actually used for in men. In fact, HCG is present in all human tissues, including men and women, pregnant or not.

Why I cannot eat foods with sugar and starches?

Sugar stimulates insulin and insulin converts sugar into fat. If you add more fat to burn in the body this would delay reaching your goals. Foods rich in starch work like a sponge and cause tremendous weight gain. Stay away from starches!

Can I substitute water with other drinks?

Make an iced coffee with Stevia. Not exactly like Starbucks, but adds variety. You can make a smoothie. Take a handful of strawberries and add water, ice, and Stevia to your blender. That's not cheating! Another option is to use a lemon to make "lemonade". Simply add water, ice and stevia to taste.

What are some ideas for quick snacks between meals?

Cut a tomato or cucumber and add salt and pepper. You can roast a tomato or onion in the oven with some spices. Here are some ideas for between meals if you are constantly in motion, try to cut an apple or celery to take with you. Eating a slice or two every few hours will keep your metabolism high and will keep you full all day.

Can I eat salads for the HCG diet?

You can eat a salad once in a while. You can also add small amounts of vegetables from the list of approved foods. The salad should only be sprayed with apple cider vinegar or sauce. No other salad dressing is allowed. You must add the calories for each ingredient added. If you eat a salad for lunch, only eat a vegetable for dinner.

What types of exercise are allowed in stage 2 of the diet?

It is best to limit your exercise to a lighter style of cardio, yoga or Pilates. You do not want to burn many calories in a single activity. Your body is under physiological stress so you will not want to destroy the muscle in a strenuous workout.

Exercise is important for your mental stability, so while you are following the protocol, you should limit heavy exercise cardio, yoga and / or Pilates, and should only do brisk walking.

What if I cheat?

Under the influence of HCG the blood is saturated with food and your blood volume has been adapted so that it can only use 500 calories in the intestinal tract during the day. Any additional income of food, no matter how small, cannot be accommodated and the blood is forced to increase its volume sufficiently to maintain the extra food. Therefore, it is not the weight of what you eat that plays a role, but rather the amount of water that the body must retain to accommodate this food. Any excess food other than what comes from the 500 calories will lead to over feeding which will only be removed over time, typically 4 to 5 days.

Will I feel hungry while using HCG Life Drops?

Because the HCG is mobilizing stored fat, your body will be constantly fed by this fat. Most people report a feeling of satisfaction while using HCG, although their actual food consumption is only 500 calories.

How can I survive with only 500 calories a day?

The HCG helps release from 1,500 to 4,000 calories from your fat stored over the 500 extra calories you eat this equals a diet of 2,000 to 4,000 calories so that people do not feel hungry with the HCG diet.

Can I lose 1 to 2 pounds without HCG using only the 500 calories consumption?

If you trying to lose weight by eating only 500 calories, your body may think you are starving and start storing extra fat.

How much weight can I expect to really lose?

Weight loss varies from ½ pound to 3 pounds per day; the average loss is of 1-2 pounds per day.

Is it healthy to lose 1-2 pounds a day with HCG?

While losing 1-2 pounds per day without the use of HCG would be unhealthy, the HCG Life Drops change that. You lose fat and weight loss comes directly from the loss of fat and not muscle.

Who can do this diet?

The treatment works for everyone, young and old, men and women. You can use HCG Life Drops if the value of your body mass index (BMI) is not less than 20. Always consult your doctor before starting any weight loss program. Do not use HCG if you are pregnant.

Can vegetarians use HCG for weight loss?

Yes, vegetarians can use HCG to lose weight by following the protocol.

I'm a vegetarian. What can I eat?

You will eat vegetables, fruits that are mentioned in the normal protocol. In place of Proteins, have 8 oz of skim milk or ½ cup of cottage cheese. You can also eat white fish. Vegetarians lose an average of ½ pound per day.

How can I maintain my ideal weight once I stop using HCG?

Do not think about the HCG as a simple diet. The HCG program helps restore your metabolism and the regulation system of the fat so that your body does not store unnecessary fat. But, be aware of the foods you eat.

Will I regain the lost weight?

After the HCG diet, you will find that your appetite has decreased, your eating behavior will be dramatically altered and your body, of course, has changed.

This is the perfect opportunity to adopt a healthy lifestyle to maintain your weight.

You will notice that a minimum amount of exercise will be sufficient to maintain a very healthy body. You could do yoga, or 15 minutes of cardio a day, or whatever you like, to keep your heart in motion.

With the restoration of the hypothalamus, the metabolism is different and you will be able to eat moderately without feeling the need to overeat. Among those who have tried this program, 85% to 90%

have had little or no difficulty maintaining their new weight.

Should I see my Dr. to monitor me while using HCG?

Whenever considering a weight loss program, one should consult your health care provider. Especially if you are being prescribed now for any other condition or disease. That said, homeopathic HCG drops do not require a prescription and are considered completely healthy and have no contra-indication.

What is the difference of our product HCG compared with others?

Our unique formula has many advantages such as the addition of natural appetite suppressants, energy and other supplements to help optimize this diet as possible. Our formula of HCG Life Drops may not have the best prices compared to other cheaper versions of questionable actions, but have the highest quality and are very effective. We guarantee it!

How long should I take the drops?

You can take the drops for up to 6 weeks at a time. You can expect to lose about 1 pound of fat per day while on this diet. If you have over 35 to 40 pounds to lose, you can do more cycles after a break of 6 weeks. We have had clients who have lost over 200 pounds with our product.

Is it okay to take antibiotics while on the HCG diet?

Antibiotics are safe to take during the HCG diet, please follow the instructions provided by your physician.

Can I take HCG while using pills for birth control?

There is no evidence that HCG Life Drops interfere with the use of pills for birth control.

Is it safe to use HCG when women have their period?

The best time for women to start the program HCG weight loss initially is immediately after your period or menstrual cycle. Once you are on the diet and have your period you should discuss whether you continue losing weight or not. Some women are affected by the period and some continue to experience weight loss while others do not. Note that you may not reduce nor increase in weight nor feel hungry if you are taking the HCG. If you stop taking the HCG perhaps you will feel hungry and break the diet. If you decide to stop taking HCG in those days should continue to make the diet faithfully and to resume the HCG just finished their menstrual cycle.

Can you use HCG during breastfeeding?

It is best to ask your health care provider. It is known that HCG is produced naturally by women during pregnancy and menstruation.

What I can eat when I'm doing the diet?

You will eat normal, healthy meal with foods that will be easy to find in your local supermarket. You consume two proteins, two vegetables, two servings of fruit per day.

Can I use salt?

Yes. There are no restrictions on the use of salt, but be sure to read the ingredients on any seasonings you use to make sure it contains no added sugar.

Can I drink alcohol while taking the HCG Life Drops?

No. Alcohol is not allowed during Stage 2, while you are taking the HCG Life Drops, but you can drink in moderation during Stage 4. Just be careful to avoid drinks containing sugar or starch.

Can I exercise?

Yes, exercise is permitted but not required. If you decide to exercise, please keep your intensity level of mild to moderate. Avoid strenuous activity. If you feel dizzy, decrease their intensity. Consult your doctor before starting any exercise program or diet.

What kind of exercise I can do?

Walking, jogging, yoga, Pilates, light training, dancing, aerobics, etc. Be sure to keep a low intensity level, and if you feel dizzy slow down. Consult your doctor before starting any exercise program or diet.

How long will a bottle of 2oz last?

A 2-ounce bottle of HCG Life Drops will last for the program 30-40 days.

What is the size of the dose?

30 drops per day, divided: 10 drops before Breakfast, Lunch and Dinner. If hunger persists, increase the number of HCG drops. Increase to 42-45 drops per day so that your appetite is under control.

Where are the HCG manufactured?

All our manufactured HCG products are regulated and bottled in facilities approved by the FDA in USA.

