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## The hCG Weight Loss Protocol Information

### Quick Overview

1. 180 IU of hCG is administered daily (with the exception of menstruation).
2. The first 2 days you eat excessively until you are totally full.
3. On the 3<sup>rd</sup> day you continue the injections and begin the 500 calorie protocol.
4. All food must be 100% **organic** during the protocol.
5. The personal care product restrictions are applied and continue through 72 hours after the last injection.
6. For 3 weeks after the 500 calorie protocol is finished other foods are reintroduced with the exception of simple sugars and starches.
7. After 3 weeks starches are reintroduced in very small quantities and weight is monitored to ensure weight maintenance.
8. You may maintain or increase your exercise.

**Human chorionic gonadotropin (hCG)** is a peptide hormone produced in pregnancy that is made by the embryo soon after conception and later by the syncytiotrophoblast (part of the placenta).

HCG is a protein hormone that is naturally produced in a woman's body during pregnancy at extremely high levels (100s of thousands) without negative side effects. For years it has been used mainly for fertility and other hormonal issues.

Research has shown that hCG combined with a healthy low calorie diet and moderate exercise will help the body burn stored body fat and assist in weight loss.

There are many positive and healthy benefits to using hCG. Data reveals that hCG may cause people to have more energy without feeling nervous, sleep better at night, think more clearly and feel less irritable.

The side effects are minimal and may include mild headaches, edema and breast tenderness. These are rare side effects that are not usually seen in the low doses used in an hCG weight management protocol.

HCG can be used in both men and women.

For further reference see the blogs below.

[www.ktns311.blogspot.com](http://www.ktns311.blogspot.com)

[www.blog.drgmediblog.com](http://www.blog.drgmediblog.com)