

# HCG

## Ultra Diet Drops

### Weight Loss Regimen



“HCG Ultra Diet Drops has proven it’s success when taken and implemented with a disciplined approach as outlined in this guidebook.”

—Dr. Devin McClean



## PROTOCOL

During the **first two days of your program** (while taking the HCG drops), we ask that you eat as you normally do. But please do not overeat. This is a very important step of the diet because it prepares the body to lose weight. This also allows time for the HCG to get into your system thus cutting your appetite so that you may avoid the possibility of suffering from Hunger. Make sure and take 25 drops (this will amount to ½ to ¾ of a dropper) of the HCG liquid before each meal. You will need 2 bottles for 1 cycle of the HCG diet. You will need 1 bottle for a half cycle and 4 bottles for 2 cycles.

Your weight loss protocol begins on day three. At this point you **MUST follow** the prescribed program **without deviation**. Eating more food than the plan allows or consuming foods that are not allowed will only cause an immediate weight gain. It is also important that you correct any deviations should they occur. You must return immediately to the stated diet plan.

**Fluids are critical to the success of this program.** You must drink a minimum of 100 ounces of water every day. This is about 10 to 12 glasses of water every day. If you do not drink enough water your weight loss total will decrease. You need to drink the correct amount of water for the program to work. You may have 3 diet sodas, or 3 glasses of Crystal Lite every day. However, these drinks do not count toward your water intake. Tea and Coffee should not be consumed. However if you do consume them be advised that **caffeine and sugar substitutes can stimulate hunger**. Alcohol **may not be consumed** on this program.

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## HCG DAILY MEALS

You will be consuming three meals a day (approximately 500 calories)

### **Breakfast**

You may have 1/2 cup cereal (only Special K, Total, or Cheerios) and 1/2 cup of skim milk Or 1 egg with 1 40-calorie piece of sliced toast.

### **Lunch**

5 oz Protein (please weigh before cooking) from our list below or 1 cup nonfat cottage cheese. 1-cup cooked or raw vegetables from list  
1-cup fruit from approved list.

### **Dinner**

5 oz Protein (please weigh before cooking) from our list below or 1 cup nonfat cottage cheese. 1-cup cooked or raw vegetables from list  
1-cup fruit from approved list.

## WHY IS HCG ULTRA DIET DROPS AND ACUMEN LABS YOUR BEST CHOICE?

There are many reasons; here are the top four:

1. HCG Ultra Diet Drops is endorsed and recommended by a doctor (not just a guy in a lab coat)
2. HCG Ultra Diet Drops is manufactured by a facility that is approved to make homeopathic products with a drug license (you can be totally comfortable that the product has been manufactured in a controlled manufacturing facility with the highest of quality control standards)
3. HCG Ultra Diet Drops gives you the correct dosage to maximize your diet results by providing, in some cases, double the amount of product (2oz bottle per 15 day period) compared to other HCG drops on the market (selling 1oz bottles per 15 day period).
4. Acumen Labs is first and foremost a product company. Its parent company (Equity Labs) has been around for over 10 years developing products for other companies. In 2004 they decided to form Acumen Labs to bring to market a very focused and select group of products that are both efficacious and relevant in the nutritional/health and wellness segment.

## HOW DOES HCG WORK?

Our Homeopathic HCG Diet Drops work in the following manner. HCG diet drops cause your hypothalamus to mobilize the fat out of the fat storage locations so that it's available for use. While you are only consuming 500 calories, your 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 your body uses thousands of calories of stored fat from your body each day. This is the reason HCG Ultra Diet Drops dieters lose 1 to 2 lbs of fat or more, per day.**

There are three types of fat found in your body.

1. Structured Fat: Found between the joints and organs
2. Normal Fat: Located throughout the body; used to meet the body's daily nutritional needs.
3. Abnormal Fat: Deposits causing obesity; only drawn upon during starvation and pregnancy.

By restricting your caloric intake the body can only draw upon the structural and normal fat reserves. That is why starvation diets alone do not work and actually cause people to get fatter. The body compensates for the low food intake and begins to store more fat. For this reason we use the HCG drops.

HCG Ultra Diet Drops release abnormal fat deposits, making those reserves available for consumption by the body. Therefore the body is getting the calories it needs to survive and you are losing your extra supply of energy, fat.

## WHAT TO EXPECT

You can expect to be hungry the first couple of days of the diet. After about 48 hrs the HCG kicks in to curb your hunger and release fat stores to help feed your body. Most HCG dieters report a loss of 1 to 2 lbs a day. At the very least, .5 pounds a day, and at the most, 3 lbs a day. One (1) lb is generally lost in the first day. Factors that guarantee faster weight loss include making fibrous vegetables like broccoli, cauliflower, and brussel sprouts a part of your lunch and dinner meals. Fiber and water intake are extremely important to your success with this program.

## What preparations are required for HCG diet drops?

The most important preparation you can do is to mentally make the decision to follow the diet. You must stay on the diet for it to work. The great news is that in 30 days you could lose as much as 30 pounds. A totally new you!

### **Approved Proteins**

White Chicken	Filet Mignon (no sauce)	Talapia
Blue Fish	Rabbit	Ground Round
Shrimp	Ocean Perch	Roast
White Fish	Clams (10)	White Pork
Crab	Veal	Sea Bass
Venison	Lobster	Catfish
Tuna	Flounder	White T turkey

### **Approved Vegetables**

Greens	Celery	Radishes	Asparagus	Brussel Sprouts
Cucumbers	Bean Sprouts	Onions	Broccoli	Dill Pickles
Spinach	Bell Peppers	Tomatoes	Cauliflower	
Lettuce	Green Beans	Mushrooms	Carrots	

### **Approved Fruits**

Apples	Peaches	Oranges	Pear
Cantaloupe	Plum	Strawberries	Blueberries
Nectarine	Grapefruit	Raspberries	

### **Seasonings and Condiments**

Most spices should be used, but no butter , fat or oil may be used. Pam cooking spray may be used for cooking food. Salt may also be used. Types of vinegar and lemon or lime should be used liberally. Tabasco sauce, soy sauce, picante sauce, and horseradish sauce are allowed in moderation. When using these spices and such please make sure there is NO SUGAR CONTENT (Sugar substitutes containing 0 calories may also be used).

### **WHAT IS HCG?**

HCG stands for Human Chorionic Gonadotropin. It is a hormone that is produced during pregnancy. In a pregnant woman, this hormone burns stored fat to assure the developing baby will get enough calories to grow normally.

Our HCG weight loss protocol consists of a very low calorie diet (VLCD) accompanied by treatments of oral HCG. The average HCG dieter experiences rapid weight loss averaging 1 to 3 pounds per day. In addition to loss of unwanted fat, the true benefit of the HCG protocol is its ability to help modify the dieter's relationship with food and eating, resulting in easily maintained, long-term weight loss.

## Is it healthy to lose 1 to 2 pounds a day with HCG diet drops?

HCG weight loss studies have shown that weight lost following the Simeons protocol comes directly from adipose fat tissue rather than lean muscle. In doing so, the weight you lose comes directly from fat and does not strip the body of much needed muscle, vitamins or minerals essential to maintain good health, while at the same time, releasing excessive amounts of fat-stored nutrients into the blood stream to be absorbed by the body. For this reason, HCG dieters report a feeling and appearance of great health and marvel at the loss of negative health risks they had as an overweight individual.

## Why the 500-calorie diet - VLCD (very low calorie diet)?

HCG diet drops cause your hypothalamus to mobilize the fat out of the fat storage locations so that it's available for use. While you are only consuming 500 calories, your 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 your body using thousands of calories of fat from your body each day; the reason HCG dieters lose 1 to 2 lbs of fat or more, per day.

## Is Homeopathic HCG Legal?

Yes HCG Drops are legal. Our Homeopathic drops follow the strict guidelines set forth by Homeopathic Pharmacopoeia of the United States.

## What is the difference between Homeopathic HCG Drops and HCG Injections?

Homeopathic HCG is produced by taking small amounts of the original strength HCG and making it into sublingual drops. The mixture is administered under the tongue for quicker absorption into the body. Homeopathic HCG is an

FDA cleared substance, does not require a prescription and is prepared per the Homeopathic Pharmacopoeia of the United States. HCG injections must be prescribed by a doctor and are administered by a shot into muscle tissue. The real downside to this is you would have to typically inject yourself. There are also numerous issues that can occur if you inject yourself incorrectly. It is safer to use HCG Homeopathic drops in order to achieve your weight loss goals.

## Will I be hungry on 500 calories a day?

It is common for mild hunger during the first few days, however this will pass and by the 2nd week, you will find even very tiny servings, to be completely satisfying. This is partly due to your hypothalamus adjusting your metabolic rate, but largely due to the amount of calories circulating in your system from the fat being released. It is common that HCG dieters feel as though they are stuffing themselves in order to reach that 500-calorie limit!

## Who is a right candidate for HCG Diet Drops?

The majority of men and women can use HCG Diet Drops for weight loss. As with all diets it is recommended that dieters consult a physician concerning your weight loss, along with the appropriate implementation of the HCG.

## How about Safety and Side Effects of the HCG Diet?

There are rarely side effects reported while using HCG Diet Drops for weight loss. When the HCG injections are used for fertility reasons, the larger amount is known to cause occasional headaches, and pregnancy symptoms. However, with HCG Drops there have not been those types of issues reported.

## Will I gain the weight back after the HCG diet?

After the HCG diet, you will find your appetite has changed, your eating behavior will be changed and your body will of course, have changed. This is the perfect opportunity to adopt that healthy lifestyle to maintain your weight. You will find that some exercise will be sufficient for maintaining a very healthy body- from yoga, to 15 minutes of cardio a day, or whatever you enjoy, that gets your heart moving. With your hypothalamus reset, your metabolism will be different and you will be able to eat moderately without feeling the need to overeat.

## What is the Hypothalamus gland?

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

## Is the HCG Safe for Men?

The HCG used for the HCG weight loss protocol is actually already found in men. In fact, it is present in every human tissue.

## How many Drops do I need to take each day?

You will need to put 25 drops under your tongue before each meal. This amounts to about  $\frac{1}{2}$  to  $\frac{3}{4}$  of a dropper. You will get 2 bottles of HCG drops with each cycle you purchase.

## How many cycles do I need to be on?

This depends on how much weight you need to lose. If you want to lose 20 pounds you need to be on the HCG diet for 1 month. If you want to lose 40 pounds you will need to be on the HCG diet for 45 to 60 days. You will need to buy 2 cycles worth of drops for 40+ pounds. Each cycle has two bottles of drops.

HCG Ultra Diet Drops are manufactured to help you reach your ideal weight. They are not to be used on an ongoing basis.

## What do I do when I hit a plateau?

First, if this goes on for 4 to 6 days but then you start losing again then do nothing. Very normal. If it persists past 6 days we need to do one of two things: Option 1: Take one day and eat nothing but 6 apples. Drink the water you need to drink but eat nothing other than 6 apples. Option 2: Take one day and eat nothing but protein. Nothing else but protein and water. Eat at least 7oz of protein for your two largest meals.

## HCG MAINTENANCE PERIOD (2 TO 3 WEEKS FOLLOWING YOUR HCG CYCLE)

After completing your HCG cycle, do not eat starches or sugars for at least 2 weeks. You may eat as much of the approved foods as you like, within reason, but do not consume starches or sugars. That means no potatoes, cold cereal (except for approved cheerios), rice, pasta, breads, or candy of any kind. During this time, you may exercise more vigorously at least 3 times a week. It should be easier now since you have taken your weight off. After 2 weeks you may begin to slowly add starches and sugars. Weigh yourself every two days during this period and if you show weight gain of up to 2 pounds then you need to reduce the number of starches and sugars and concentrate on vegetables and proteins. This will help maintain your ideal weight.

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Distributed by AcumenLabs.

For more information please go to [www.hcgultradiet.com](http://www.hcgultradiet.com)