

## Follow the HCG Diet Program instructions, & you will have amazing results with our HCG Drops!

**Download** your **FREE [HCG Diet Book PDF](#)** and **[Recipe Book PDF](#)** from this website link: <http://www.hcgdietuniverse.com/thankyou.html>

**Day 1 and 2:** Take the HCG in the morning and evening as directed. Eat as much as you want especially high fat foods. It's important to get the HCG in your system before you start the diet plan.

**Day 3** Until your goal weight: Continue HCG drops as directed begin the very low 500 calorie diet plan (THIS IS IMPORTANT!) **Refer to your [HCG Diet Program Book PDF](#) for diet directions, and your [Recipe Book PDF](#) for daily meal consumption ideas.**

**When you reach your goal weight:** To reset your hypothalamus and metabolism, you must do the very low 500 calorie diet plan a minimum of 23 days even if you reach your goal weight before this time. Then follow the 21 Day no-starch maintenance plan.

### **VERY IMPORTANT:**

Here are some Do's and Don'ts that help with your Phase 2 HCG Diet. Find your HCG diet enhancing supplements at <http://www.hcgdietuniverse.com/hcgdietsupplements.html>

<b>DO'S</b>	<b>DON'TS</b>
Do take <a href="#">coral calcium</a> supplement	Do not take any fat soluble vitamins while you are following the Phase 2 HCG Diet.
Do take <a href="#">digestive enzymes</a>	Example: <a href="#">Fish oil</a> or Flax oil capsules.
Do take <a href="#">corti them fat burner</a>	Do not exceed 500 calories daily.
Do drink plenty of water. 1 gallon/day	

### **HOW TO TAKE HCG:**

Use the dropper included and measure (8-10) drops twice daily. For maximum hunger suppression take (8-10) drops three times daily. Hold under tongue for 1 minute. Swallow the remaining liquid and wait 10 minutes before eating or drinking anything. Not eating or drinking for 10 minutes is important for full absorption of the HCG. It does not matter if it is taken on an empty stomach or not. People, who have routinely forgotten the second or third dose, will have more hunger and lose less weight.

**Download** your [Dr. Simeon's Pounds and Inches Protocol](#) and review [Kevin Trudeau's Weight Loss Cures](#) on the bottom of our websites "[Program](#)" page.

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