

HCG Supplies Frequently Asked Questions

Note: We are NOT doctors. We do NOT offer medical advice. Please consult your physician or medical professional before starting any diet program. Please read our [Privacy Policy and Disclaimer](#) for more information.

Here's a list of frequently asked questions to assist you while navigating our website and placing your order. If you have any other questions, feel free to email us at sales@hcgsupplies.com or call us at 703-859-9303.

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Q. What is the hCG diet all about?

A. The hCG diet protocol was first created by Dr. ATW Simeons in the 1950's. The diet has resurfaced many times since then, including through the book by Kevin Trudeau called ["The Weight Loss Cure They Don't Want You to Know About."](#) Basically, you follow a strict diet, accompanied with very small amounts of hCG, to attain remarkable and permanent weight loss. This is a very simplified explanation, however. We strongly recommend you read ["Pounds and Inches: A New Approach to Obesity"](#) by Dr. ATW Simeons, to get a full understanding of the protocol.

Q. Are injections absolutely necessary?

A. No, but . . . Our website does have information and a link to a [sublingual](#) (under the tongue) method, but *personally* we have found the best result from the injection method of hCG diet protocol. Our [injection needles](#) are very small, and many customers report they don't even feel them.

Q. What is an "IU"?

A. "IU" stands for "International Unit." It is an international standard of measurement for certain substances, including hormones, biologicals, enzymes, and certain fat-soluble vitamins. IU's are not based solely on weight or mass, but on the amount of substance needed to produce a specific response. Basically, it's an international quantity measurement for some substances.

Q. How much hCG should I take daily?

A. It depends. If you're following [Dr. Simeon's protocol](#), he recommends 125iu daily for almost everyone. [Kevin Trudeau](#) recommends 175-200iu daily. Some

customers prefer to “split the middle” and take 150iu per day. If you are still undecided, we suggest sticking with [Dr. Simeons' protocol](#).

Q. How much hCG should I purchase?

A. It depends. First, decide how much hCG you want to take daily, and how long you want to do the protocol for, 23 or 43 days. Next, use our [mixing instructions](#) to determine how much hCG you need. For example, an individual who wants to take 175iu daily, for 23 days, can order hCG in a few ways. See the highlighted portion of the charts, and the explanation under each chart, below. Choose the best combination of hCG ampoules for you. (These charts are also available in our [mixing instructions](#)).

Ampoule Size	Desired Daily Dosage	Sterile Water Needed	Days of 1/2cc injections yielded
1500 iu	125 iu	6 cc	12 days, inject 0.5 cc per day
1500 iu	150 iu	5 cc	10 days, inject 0.5 cc per day
1500 iu	175 iu	4.25 cc	8.5 days, inject 0.5 cc per day
1500 iu	200 iu	3.75 cc	7.5 days, inject 0.5 cc per day

The person in the example would have to purchase 3 ampoules of hCG, each 1500iu, in order to complete a 23 day protocol. There would be some hCG left over.

Ampoule Size	Desired Daily Dosage	Sterile Water Needed	Days of 1/2cc injections yielded
2000 iu	125 iu	8 cc	16 days, inject 0.5 cc per day
2000 iu	150 iu	6.6 cc	13.3 days, inject 0.5 cc per day
2000 iu	175 iu	5.75 cc	11.5 days, inject 0.5 cc per day
2000 iu	200 iu	5 cc	10 days, inject 0.5 cc per day

The person in the example would have to purchase 2 ampoules of hCG, each 2000iu, in order to complete a 23 day protocol.

Ampoule Size	Desired Daily Dosage	Sterile Water Needed	Days of 1/2cc injections yielded
2500 iu	125 iu	10 cc	20 days, inject 0.5 cc per day
2500 iu	150 iu	8.3 cc	16.6 days, inject 0.5 cc per day
2500 iu	175 iu	7.1 cc	14.2 days, inject 0.5 cc per day
2500 iu	200 iu	6.25 cc	12.5 days, inject 0.5 cc per day

The person in the example would have to purchase 2 ampoules of hCG, each 2500iu, in order to complete a 23 day protocol. There would be some hCG left over.

Ampoule Size	Desired Daily Dosage	Sterile Water Needed	Days of 1/2cc injections yielded
5000 iu	125 iu	20 cc	40 days, inject 0.5 cc per day
5000 iu	150 iu	16.6 cc	33.3 days, inject 0.5 cc per day
5000 iu	175 iu	14.25 cc	28.5 days, inject 0.5 cc per day
5000 iu	200 iu	12.5 cc	25 days, inject 0.5 cc per day

The person in the example would have to purchase 1 ampoule of hCG, each 5000iu, in order to complete a 23 day protocol. There would be some hCG left over.

Q. What's the difference in needle size? Which should I use?

A. " $\frac{1}{2}$ inch x 28/29 gauge x 1cc" needles are designed for subcutaneous injections, which means injections under the skin. "1 $\frac{1}{4}$ inch x 27 gauge x 3cc" needles are designed for intramuscular injections, which means injections into the muscle. Begin with the needle size that is most comfortable for you. Some of our customers say they do well with the intramuscular needles, while others say they do just as well with the subcutaneous needles - and the subcutaneous are our most popular option. Use our [needle/syringe size comparison](#) for more information.

Q. Why do you offer two vial colors?

A. The [amber vials](#) are most often used for [sublingual mixes](#). However, some customers prefer the added light protection of an amber vial with their injection mixture. (hCG should be kept away from light.) However, some customers prefer

to wrap aluminum foil around their vials, or keep them in a sealed, opaque container when not in use.

Q. Which kit should I purchase?

A. That depends on how much hCG you have, and how long you want to do the protocol for - 23 or 43 days. Our [mixing kits](#) are designed to give you exactly what you need to complete your protocol for either 23 or 43 days. First, determine how long you want to do your protocol for - 23 or 43 days. Next, find the kit that corresponds to the amount of hCG you have. For example, if you have two (2) 5,000 iu ampoules of hCG, and you want to complete a 43-day protocol, you would order our "[43 day mixing kit: Used with 5000 or 10000 iu ampoules](#)"

Q. Do your kits come with hCG?

A. NO. Our kits do NOT come with hCG. We do NOT sell the hCG purchased through links on our website.



Q. Do I need syringe filters, plastic ampoule breakers, or potency test strips?

A. No. [Syringe Filters](#) and [Plastic Ampoule Breakers](#) help with the mixing process, but are not necessary. We mainly recommend them for individuals who have never mixed hCG before, or are uneasy with the [mixing process](#). (Please note that if you purchase HUCOG brand hCG, you don't need [syringe filters](#) or [plastic ampoule breakers](#) - the hCG comes in a vial, which does not need to be broken.)

[Potency Test Strips](#) are used to test the potency of your hCG. If you plan to use your hCG past 45 days, or are unsure about the potency of your hCG, these strips may be for you.

Q. How do I use the Potency Test Strips?

A. You can find complete instructions for the [Potency Test Strips](#) on the [Potency Test Strips product description page](#), or by clicking this link: [Potency Test Strip Directions](#).

Q. Where is my order?

A. Your HCG Supplies order will arrive quickly, usually in about a week. You can see when your item is delivered by using the delivery confirmation number included with your shipment confirmation email. Your HCGSupplies.com order will ship via United States Post Office (USPS). Use your delivery confirmation number at www.usps.com to get more information about your package. Please note this is NOT a *tracking* number. In many cases, no information will be available at www.usps.com until your package is delivered. If you need further assistance, please email us at sales@hcgsupplies.com.

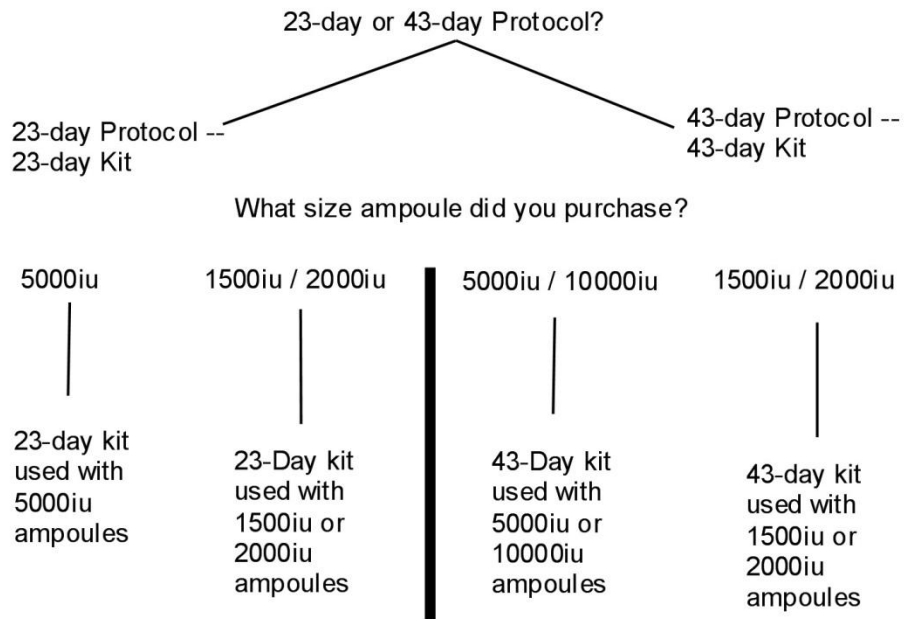
Q. There's a problem with my order. What should I do?

A. Here at HCGSupplies.com, customer satisfaction is our #1 priority. If your package is missing items, items are broken, or if there is any other problem with your order, please contact us immediately. You can email us at sales@hcgsupplies.com or call our customer service line at 703-859-9303. If you

call, please leave a message and we will return your call as soon as possible. Emails and phone calls are generally returned within one business day.

Q. What should I order?

A. Use this chart to determine what to order, or click on the [How To Order](#) link on our website for more information.



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