

Sublingual HCG Information

Mixing Instructions:

1. Gather your materials. You will need:
 - a. [HCG](#)
 - b. Empty Vial
 - c. Mixing Syringe & Needle
 - d. Sodium Chloride (use what came with your [mixing kit](#)*)
 - e. Sublingual B12
 - f. Alcohol Wipes

*You may notice that some sodium chloride or “sterile water” is packaged with your HCG. This liquid is typically discarded, and most dieters use the solvent (Sodium Chloride) that comes with their [mixing kit](#).

2. Wash your hands. Wipe the tops of the empty vial, sodium chloride, and HCG with the alcohol wipe. Wipe the surface you are working on (table, counter, etc.), with the alcohol wipe. Put the mixing needle on the mixing syringe. (If your HCG comes in an ampoule instead of a vial, see “[Ampoule vs. Vial](#)” below.)
3. Use the mixing needle/syringe to draw out 1ml sodium chloride. Add this to the HCG. GENTLY swirl the HCG to make sure it’s completely dissolved.
4. Draw the HCG mixture out of the vial. Put the HCG mixture into the empty vial.
5. Add the remaining amount of Sodium Chloride. (See chart below.)

If you have this size HCG.....	Add this much <i>MORE</i> sodium chloride to the HCG mixture.....	Should yield this many days of dosing....(When taking 0.5ml twice daily)
5,000iu	13ml	15 days
10,000iu	27ml	30 days

6. Use the mixing needle/syringe to draw out the Sublingual B12. Add it to your HCG mixture.

If you have this size HCG.....	Add this much Sublingual B12 to the HCG mixture.....
5,000iu	1ml
10,000iu	2ml

Dosing Instructions:

1. Draw out 0.5ml of the HCG mixture with the dosing needle/syringe.
2. Remove the needle from the syringe.
3. Using just the syringe, place the mixture under your tongue. Hold the mixture under your tongue for at least 5 minutes. (Longer is better.) The HCG must be absorbed by the mucous membranes under your tongue. Any HCG that is swallowed will not be effective.
4. Rinse out the needle and syringe with hot water. You will use the dosing needle/syringe for a maximum of two doses.
5. You will dose twice daily. Twelve hours between each dosing is ideal.

(Continued on Next Page)

A Note about Pressure:

Have you ever poured liquid out of a 2-liter bottle, and the bottle “glugs” and crinkles until the air goes back in? This happens because of pressure. The same phenomenon occurs when you transfer liquid between vials, except glass can’t crinkle – so we have to do a little extra work. You will have to use your needle/syringe to transfer air as you mix your HCG. Keep the following in mind when transferring liquid:

If you want to take liquid out of a vial, you must put air in first.

If you want to put liquid in a vial, you must take air out first.

If you’re having a hard time transferring liquid, try moving some air around using the rules above.

Ampoule vs. Vial

HCG is packaged in two ways: ampoules and vials. Ampoules are all-glass containers that need to be broken in order to get to the HCG. Vials have a rubber-cap, which allows the HCG to be accessed with a needle.

If your HCG is packaged in an ampoule, you’ll need to snap the top of the ampoule off to access the HCG. Hold the body of the ampoule firmly in one hand, and place the neck (narrow tip) of the ampoule between the thumb and forefinger of your other hand. Snap off the top at the narrow part of the neck. (There should be a dot or line on the neck, indicating where to snap the ampoule.) Sometimes wrapping the ampoule in a kitchen towel is helpful. Holding the ampoule at a downward angle will help prevent glass shards from entering your HCG.

If you are hesitant about breaking the ampoule, we offer [plastic ampoule breakers](#) and [syringe filters](#) to help the process.

If you have smaller sized ampoules/vials of HCG:

It is recommended to use either 5,000iu HCG or 10,000iu HCG. Smaller sizes of HCG will only yield 4-7 days of doses, and require frequent mixing. However, if you do have smaller sizes of HCG, please use the chart below for reference.

If you have this size HCG....	Add this much <i>TOTAL</i> Sodium Chloride.....	Add this much Sublingual B12 to your HCG mixture....	Should yield this many days of dosing....(When taking 0.5ml twice daily)
1,500iu	4.2ml	0.3ml	4.5 days
2,000iu	5.6ml	0.4ml	6 days
2,500iu	7ml	0.5ml	7.5 days