

Transcript of HCG by Injection

For more information visist: <http://www.beyondfatloss.com>

## **HCG Diet Instructions 43 day with 5000IU HCG by Injection**

Alright, we are mixing 5000 IU of HCG for a 43 day phase. For your mixing supplies, you will need your alcohol wipes, your mixing syringes, your bacteriostatic water, your empty vials and your HCG. First off, you are going to wash your hands and then sterilize the surface of area you are going to work with. Next, the water that comes with your HCG is not enough to get you through your 43 day phase; we just disregard and throw it away. Next, you are going to want to sterilize all 3 tops of your bottles. So, take the tops off and wipe them down. Next, we are going to open one your mixing syringes, make sure the caps are tight or the needles twisted in tightly; take the cap off, and you want to hold back 5 cc of air first and then inject the air into the bacteriostatic water. Then, because the water is pressurized, you flip it upside down and it automatically will come back to 5 cc. Make sure that there is no air, if there is air, you are not getting a full 5 cc. And then, make sure you go and grab 5 cc of water. Put 1 cc of water in the HCG and the HCG is freeze-dried, so it should mix automatically, if there is any on the bottom, just twist and turn the mixture and all of it mixes appropriately. Put the rest of the 4 cc of water into your empty vial, then extract the HCG out of the HCG bottle, add the mixture, put the top back on your syringe, separate the syringe from the needle. Put the HCG in your fridge and you are ready to go for 23 days. Repeat the process with your extra water, needle and alcohol wipes in 23 days.

Transcript of HCG by Injection

For more information visist: <http://www.beyondfatloss.com>