

Transcript of HCG by Sublingual

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HCG Diet Instructions 43 day with 5000IU HCG by Sublingual

Okay, today, we will be mixing HCG for the 43 days sublingual phase. For the mixing, you will need your mixing syringes, your amber bottles, your HCG, your B12 liquid vitamins and your colloidal silver. You start by throwing away your water which comes with the HCG; it's not needed and necessary, just disregard it. Next, take the cap off the HCG and to mix the HCG, you will be using your colloidal silver and the mixing syringe. Take the top off the colloidal silver, open your mixing syringe, make sure the needles on tight. Take the cap off, you will need 2cc of the colloidal silver to mix the HCG, make sure that there are no bubbles because you are not getting a full 2cc and I just pulled just above the 2 so that I can make sure there were no bubbles. Make sure that you have a complete 2cc of the colloidal silver, inject it into the HCG. The HCG is freeze-dried, so, it should mix automatically as soon as the liquid hits it. You want to put it upside down and make sure that there is no powder or residue on the bottom. If there is, just kind of mix it just a little bit. Then, you will need one of your amber bottles, take the top off, extract the HCG-Colloidal silver mixture, add it to the amber bottle. Put the cap on the needle because you will need that in just a second. Put the cap on the colloidal silver. Now, we use the B12, to get you through your 43 days phase, you will need 13cc of the B12. Open the B12, remove the cap, extract the first 10cc first, add it to the colloidal silver-HCG mixture and then go and extract the 3. Then, make sure that there is no air; add the cap back on the needle. Take the needle and the syringe apart; add the cap to the HCG mixture and the B12. This mixture will last you for 15 days, after 15 days, you will need to mix

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again with your HCG, your extra mixing needles and your amber bottles.

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