

that HCG drops are very easy to use and can be taken right away, however, they must be taken several times a day.

Injection Procedure

Video Link==➔

<http://www.youtube.com/watch?v=R4sQwZiSiXk>

How to Mix 5000IU'S of HCG for 200IU Daily Injection

Take out the supplies you will need in order to follow these instructions:

1. 30ml bacteriostatic water
2. 10ml clear bottle
3. HCG vial
4. 5ml syringe and mixing needle alcohol pads

First, you need to put together the supplies listed above in order to complete the mixing instruction.

You need to have a 10-ml clear mixing bottle. This is your mixing bottle. You need your bacteriostatic water and you are going to have a mixing needle with 5ml's or larger.

You will also have alcohol swabs to use to clean the surfaces of all of your supplies. Use it to clean the surfaces of the ampoules and mixing bottle and bacteriostatic bottles.

You can remove the sodium chloride that comes with your HCG, because you don't really need it, you can take it out and put it to the side.

Your HCG usually comes with a little red or blue cap on it, or it may also come in ampoules. Snap the lid off and you will see a white substance, or little white pellet in there and that is your HCG.

Genuine HCG comes usually in this powder form. Sometimes the supplier will send you a premixed liquid form, which is mixed with a 1-ml solution also inside this size bottle, but it is still in the powder form to begin with. Just so you know this is what it looks like.



Overview-1 ml of bacteriostatic water; I'm going to inject it into this small HCG bottle to dilute the pellet of HCG then extract the 1ml mixed solution of HCG from the small vial and add it to the 10ml clear vial.

Then you're going to add 4 more ml of bacteriostatic water. 5000IU's of HCG to 5 ml of bacteriostatic water, 5 to 5, very is easy to remember.

Here are the steps that you need to take:

1. First, clean the surfaces all of your mixing bottles, right now. Let's go ahead and just make sure that everything is sterile. By cleaning all these areas to begin with you'll know that you are using a clean and sterile surface.

2. This would be a brand new needle, go ahead and use that. You are going to take 1 ml of water from the BAC bottle, and add it to your HCG vial. Gently swirl your mixture to make sure all of your HCG has been dissolved. You're going to pressurizes this bottle and make it easier to extract the HCG from the vial and fill your syringe.
3. Extract all the HCG as much as you can, try and get every drop of it from this bottle. If there is a little teeny bit of liquid still in there it's not a big deal. Take that solution and put it into your big 10-ml clear bottle. This is the beginning of your mixture.

Then you'll extract 4 more ml from your bacteriostatic water bottle. Pressurize the bacteriostatic water bottle by injecting 5ml of air into the bottle.

4. Fill your 5ml needle all the way up to the 4-ml mark. Put the 4 ml BAC water into your 10 ml mixing bottle that now contains your HCG mixture. You should now have a total of 5ml of HCG.

FINISHED PRODUCT-5000IU's plus 5ml's bacteriostatic water
= dosage of 200IUs of HCG daily.

This should last you about 23 days which is the right amount of shots for the 26-day cycle. Duplicate this process on your 23-day to continue through the 43 day protocol.

You can also watch the video at www.HCGBodyforLife.com

***A radiant and happy life will open up just by
having radiant and happy thoughts
~ Ryuho Okawa***

How Much HCG to Inject and How to Fill the Syringe

Video Link → <http://www.youtube.com/watch?v=JOVpKKPsOBw>

I've had a lot of e-mails about how much HCG to actually put in the syringe and people aren't sure what size of syringes that they're getting.

If you're getting the insulin needles (which are what I recommend, because it's not as long) or if you choose larger needles, I'd still be able to show you how much HCG to put into your syringe.

Now go over to the fridge where you store your HCG and let's see if I can help you figure that out.

Keep the HCG refrigerated at all times so you can make sure it stays fresh. You should fill your syringe to the .20 mark and inject this amount daily. (This is approximately 200 IU's).

This amount seems to work best for most dieters.

With that said, you always want to keep this clean and sterile. If you're touching it a lot, make sure you put alcohol swab on there and use the needle coming out of the package. When injecting, put the needle into the bottle (in the center) and then usually what I do is to inject some here and there so I can get the HCG out.

I usually overfill it (over 2) and then I push back into it at a downward angle to the .20 units mark. That gets the air bubbles out and you have your .20 units



or **20** mark. You may also have needles that say 50 units instead of 100 units, but it's still going to be the same number, the 20. And that's 200 IU's.

Put that back on and you're ready to go. If you happen to have a larger needle for some reason and you'll see here that this one has 3ml but it's larger, you're still going to be on the no. 2nd hash line of the large syringe line on this syringe.

For further clarification, simply copy and paste the video website link above in your internet browser to watch an easy to follow instructional video.