

## Ordering and Mixing HCG (modified by Les Berenson MD, FACP)

**Les Berenson MD - Modification of excellent file off Yahoo group and ([HCGDIET@yahoo.com](mailto:HCGDIET@yahoo.com)) notes and insight from my reading.**

KT's Book: This weight loss protocol is based on the book **'The Weight Loss Cure' They Don't Want You to Know About**. If you don't have it, get it. None of the following info will make sense without it.

Dr. Simeons' manuscript: **You should also read this BEFORE you make any final decisions about how you are going to use this protocol. PRINT IT OUT & have it with you always for reference along the way. (Les – I recommend you read this FIRST before Trudeau's book).**

Download: <http://www.naturalcures.com/NC/Members/poundsAndInches.aspx>

### What to order:

You can buy your hcg from [www.anabolic-pharma.com](http://www.anabolic-pharma.com)  
They sell Pregnyl by Organon. This is a natural, polypeptide, urine-based hcg.

You can also order from [www.hcgmail.com](http://www.hcgmail.com) .  
Their price is \$299 vs \$66 at anabolic-pharma.com.

You can also order 6 1500 IU ampoules from [www.drugdelivery.ca](http://www.drugdelivery.ca)  
for only \$89.95 USD.  
(This is the most common pharmacy I see ordered from – takes up to 6 wks.)

**If in a hurry and 1 stop shopping (more expensive) –**  
[www.bodysolutionsrx.com](http://www.bodysolutionsrx.com) It may cost more money but it comes from the states with all the needed supplies. Their max ship time is 10 business days.  
I chose to pay more so I wouldn't have to worry about broken bottles or seized goods.  
Their instructions were quite easy and the staff very helpful.  
I paid \$395 for 6 week treatment with all needed supplies for mixing & injecting.  
Sheri Rourke Sep 22, 2008

You want  
two (2) 5000 IU ampoules (\$66 USD) or  
6 1500 IU ampoules (\$89.95 USD).

The difference to consider between choosing the 5000 IU and the 1500 IU has only to do with how long the Pregnyl stays fresh in the fridge after mixing. It has been stated by several different people who are doing research on this that the HCG will last up to one month in the fridge, AND it probably will. If you are willing to spend the extra \$24 (for 6 1500 IU ampoules) **you would be mixing a new batch of HCG every week.** So it would only stay in the fridge for 7-8 days instead of 25-28. You would be more assured of the HCG not losing its potency. You only use what you need and discard the remainder.

### **Les Berenson MD**

I used the 5000 IU protocol as I didn't want to have to mix it up each wk.

**Suggestion about storing 5000IU mixture in the fridge: If you choose the 5000 IU ampoules method, use only 23 injections from the first mixture then throw the rest away, and then mix your second ampoule to use for the remainder of your treatment. This way you are only storing the HCG for 22 days in the fridge instead of 25-28. There would be less chance of the HCG losing it's potency this way.**

**Here is an overview on the mixing process:**

**If you bought 5000 IU then that would give you 25 doses of 200 IU or 28 doses of 175 IU.**

The recommended dosage mentioned in KT's book is 175-200 IU

**(Read page 123 in KT's book in the question "Has there been any changes to Dr. Simeons' "Weight loss Protocol"?). This is important!! You need to first decide what size dose you are going to take.** More is not necessarily better.

Your body could become immune to the hcg near the end of your treatment if the dosage is too high. You should read what Dr. Simeons has to say about it on page 7 of his manuscript.

**What you need to consider is "how toxic are you?".**

**If you did some of the cleansing in phase 1 and/or have been eating organic foods etc., then you should consider using 175 IU.**

**If you are going right into Phase 2 without doing any of Phase 1 and haven't done any body cleansing you might be better off with 200 IU. That is the best general advice to offer.**

The powder comes in concentrated form and there is an enclosed amount of liquid to mix it with. If the amount they have given you is 1 ml. then that will give you 1 ml of 5000 IU. This is far too small to try to divide up into 25 doses. **Dilute it with your own bacteriostatic water that you buy.** That is sterile water that you get from a medical supply site, or your local pharmacy, that is safe for injecting.

**IMPORTANT! DO NOT MIX TWO DIFFERENT LIQUIDS WITH THE HCG.**

The hcg probably comes with 1 ml of isotonic sodium chloride---  
You do not want to mix this with any of the above mentioned liquids.  
You only want to use "one" liquid to dissolve the powder,  
**SO DISCARD THE LIQUID IT COMES WITH!!!**

Now you dilute your own HCG in a very sterile environment. You want to make the doses easy to manage.

**Mixing procedure:****FOR 200 IU INJECTIONS WITH A 5000 IU AMPOULE OF PREGNYL:**

Note: You should first set out all your mixing materials.  
Then wash your hands (preferably with an anti-bacterial soap).  
Dry with a CLEAN towel or paper towel.

Important Tip: Regarding opening the glass ampoule of hcg: Sometimes glass ampoules are a little tricky to open. To open, cleanse the top with alcohol, use the wrapper the alcohol wipe comes in to cover the top of the ampoule (i.e. use the inside portion of the wrapper) and snap quickly away from you. You can also use the alcohol wipe itself. This way, **you won't cut yourself** with the glass (which I have done numerous times)!

- Swab the top of the 30cc bacteriostatic water vial with rubbing alcohol and the top of a new sterile GLASS vial with rubbing alcohol (using a new swab for the Glass vial).
- Using a 30cc syringe - draw out 25cc of BC water.
- Replace needle.
- Inject 1cc into Pregnyl ampoule to mix hcg powder (slowly down the side) DO NOT let the needle touch anything, even the hcg ampoule. If it does, replace the needle before the next step.
- Inject 24cc of BC water into the new Glass vial.
- Swish liquid slowly in the hcg ampoule until it is all dissolved (Never shake it)
- With a new 3cc syringe draw out the 1cc of Pregnyl.
- Replace the needle.
- Swab the Glass vial and inject the Pregnyl into the new sterile Glass vial containing the 24 cc. of BC water.

**Now you have 25 doses of 1 ml each. 1 ml. = 1 cc. You would now draw 1 cc. of the mixture into a new 3cc syringe each morning and that should give you your 200 IU Dose.**

Of course, **always remember to swab the top of the rubber on the vial each time for your daily injections.**

**DO NOT TOUCH THE NEEDLE!**

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Mixing procedure:

**FOR 175 IU INJECTIONS WITH A 5000 IU AMPOULE OF PREGNYL:**

The mixing procedure is exactly the same as the 200 IU procedure EXCEPT you would draw out 28.5 cc. of bacteriostatic water instead of 25 cc. of BC water. Now you have 28 doses of 1 ml each. 1 ml. = 1 cc. You would now draw 1 cc. of the mixture into a new 3cc syringe each morning and that will give you your 175 IU Dose.

Mixing procedure:

FOR 200 IU INJECTIONS WITH A 1500 IU AMPOULE OF PREGNYL:

The mixing procedure is exactly the same as the above procedure EXCEPT you would draw out 7.5 cc. of bacteriostatic water instead of 25 cc. of BC water. Now you have 7 doses of 1 ml each. 1 ml. = 1 cc. You would now draw 1 cc. of the mixture into a new 3cc syringe each morning and that should give you your 200 IU Dose.

Mixing procedure:

FOR 175 IU INJECTIONS WITH A 1500 IU AMPOULE OF PREGNYL:

The mixing procedure is exactly the same as the above procedure EXCEPT you would draw out 8.5 cc. of bacteriostatic water instead of 25 cc. of BC water. Now you have 8 doses of 1 ml each. 1 ml. = 1 cc. You would now draw 1 cc. of the mixture into a new 3cc syringe each morning and that should give you your 175 IU Dose.

### **Syringes and mixing supplies**

You can get your syringes, bacteriostatic water, empty sterile vials, and needles from:

[www.androusa.com](http://www.androusa.com)

[www.researchsupply.net](http://www.researchsupply.net)

[www.gpzservices.com](http://www.gpzservices.com)

**If you want a thinner needle you should go with researchsupply.net.**

**Les** – I used 2 needles daily

A) 25-28 gu. To draw HCG up out of vial

B) 30 gu. (thinner needle) to inject

It is recommended that you change the needle after you draw out your daily injection from the hcg ampoule. This is due to the fact that the needle will dull up to 50% when it pierces through the hard rubber top of the vial.

A new SHARP needle will cause you less pain when injecting.

### **Use a GLASS vial to store your mixed hcg in:**

Many have questioned why not just use 30cc vial the BC water comes in.

The reason is, that vial is PLASTIC. Plastic is okay for water.

Also, the Glass vial blocks uva and uvb light that could break down the hcg.

## **You should order: FOR 5000 IU AMPOULES**

- 1 box (100) of 25g-30g x 1" 3cc luer lock syringe and needle combo (The larger the needle gauge the smaller the needle size). A smaller needle means less pain (29g-30g seems to be what most are going with).
- 50-100 extra luer lock 25g-30g x 1" needles
- 2 30cc sterile empty vials
- 2 30cc syringes
- 2 30cc vials of bacteriostatic water

### **Les Berenson MD**

**(READ THIS GREAT IMPORTANT HANDOUT CLOSELY ON MIXING and ORDERING)**

**Your dosage may be different.**

I'm using 30 guage 1 inch needles (tiny suckers)  
and using the 200 IU HCH protocol.

So I needed :

- 5000 IU HCG
- 30 cc bacteriostatic water (2)
- 30 cc EMPTY sterile vial (to mix it in)
- 3 cc syringes (injecting 1cc.) - box 50 - 100
- alcohol pads (2 / day)
- sharps container (plastic) to throw away needles
- 30 guage needles (1 / day) - box 50-100

25 - 28 gu. needles to draw the HCG up out of vial each day (I found drawing the solution up with 30 gu. needle took a long time)

## **You should order: FOR 1500 IU AMPOULES**

- 1 box (100) of 25g-30g x 1" 3cc luer lock syringe and needle combo (The larger the needle gauge the smaller the needle).
- A smaller needle means less pain (29g-30g seems to be what most are going with).
- 50-100 extra luer lock 25g-30g x 1" needles
- 6 10cc sterile vials
- 6 10cc syringes
- 2 30cc vials of bacteriostatic water

The supplies mentioned above will provide you with enough materials to do one 45 day program.

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### **For two 45 day programs you will need to order:**

- You should order the same amount of syringe/needle combos (100)
- 100 extra needles (instead of 50)
- Then double the amount of 10cc or 30ccc syringes
- Double the amount of sterile vials
- Double the amount of 30cc vials of bacteriostatic water

## Daily injections:

**It is recommended that your HCG be at room temperature when you inject it (it stings more when it is cold).** So, once you have filled your syringe put the needle cover back on, (remember, don't touch the needle) then **put the vial back into the fridge** and let the syringe sit out until it warms up. Don't let the vial stay out in room temperature for very long.

**KEEP the vial in the Refrigerator so doesn't go bad.**

- **Swab the top of the GLASS vial containing your hcg with a rubbing alcohol swab. Draw out the hcg**
- **Replace the needle**
- **Swab your skin with a rubbing alcohol swab. Let it dry slightly.**
- **Give yourself the injection**

Discard the syringe and needles in a hard plastic container, such as a Tide bottle (or Sharps container available at most pharmacies). Secure the top with the original cap and then place them into the trash. That way no one is exposed to needle sticks.

### How to Inject:

For a detailed description on how to do an injection, please go to these sites:  
[www.bodybuildingprogramzone.com/Articles/article184.htm](http://www.bodybuildingprogramzone.com/Articles/article184.htm)  
[www.anabolic-pharma.com](http://www.anabolic-pharma.com)

### Tips for injecting:

We have also posted the "Tips for Injections" from the [www.bodybuildingprogramzone.com](http://www.bodybuildingprogramzone.com) site in the post just below this information for your convenience.

For Pictures of the areas to inject: [www.spotinjections.com](http://www.spotinjections.com) .  
[http://www.firstivf.net/injection\\_sites.jpg](http://www.firstivf.net/injection_sites.jpg)  
 (A picture is worth a thousand words)

### Rotate your injection sites and relax the muscle:

**(Les Berenson MD**– I used 3 sites on each quad (front of thigh muscles) - each week.

One week I used middle area of muscle & the next week I used the outside area of same muscle. I alternated Right → Left leg each day.) (6 inject/wk.)

When administering HCG please rotate your injection sites: do not inject into the same spot 2 days in a row. Repeated injections into the same site can cause abscesses.

**Additional Information:**

Use your upper arms (deltoid muscle), front of thigh (quadriceps muscle), and upper, outer corner of buttocks.

It is important to not inject into the center of the buttock as one could easily hit or damage the sciatic nerve.

A good suggestion is to rotate your injections as follows: right quad (leg), left quad, right arm, left arm, right gluteus (buttock), and then left gluteus. This will help to prevent abscesses and scar tissue building up over the 40-45 days of injections.

**The muscle should be somewhat relaxed but this is often difficult when injecting yourself because we tend to tense up.**

- If injecting into the leg: just be sitting down or standing (relax thigh).
- Injecting into the glutes: To relax the glutes, put most of your weight on the opposite leg and stand in a relaxed tip-toe stance or bend your leg slightly on the glute you are injecting (hope that made sense!)
- Injecting into the arm: hold the arm at a 90 degree angle

**Some additional important tips are:**

Length of needle:

It is most commonly believed that a 1" needle is needed for most of our applications. That is long enough to reach deep in the muscle for better absorption of the hcg. The recommended injection method is IM (intramuscular). It is possible you may need a 1 1/2" needle. **This would be necessary if the amount of fat you have in the injection site is substantial.**

Below is a tip from an RN:

A 1 1/2" needle for the arm or leg is quite long unless you have a fair amount of subq tissue (fat in that area). Something easy to do to check: pinch the fat on the front of leg and arm (not the back of the arm, the side of the arm, deltoid muscle) to see how much you have. If you can easily feel muscle then use a 1", if you can pinch an inch or more of tissue and cannot feel muscle then the longer needle is ok. You don't want to hit bone or blood vessels. Also, you don't have to insert the needle all the way to the hub of the needle. (For those that don't know what the hub is, it's where the needle meets the syringe). I think a 1/2" needle is too short for an IM injection.

## How Much to Inject:

The above instructions give you 1 ml doses.

For anyone wishing to mix daily doses of a greater size, then you must realize that you should not inject more than 1 cc. into the arm--3cc in all muscles except the arm, which is no more than 1cc.

It has to do with absorption of the medication r/t muscle size.

**In conclusion:** It took countless hours of research on the web, asking questions to pharmacists, on the phone with medical supply companies and reading and responding to post on this forum to come to the conclusions that this post lays out. We are happy and delighted to share this with everyone.

**Please read and re-read this information until you are comfortable with it.** We did not explain in each step how we came to these conclusions. We felt that would make this post too lengthy. But every suggestion here has been discussed and researched at length before we included it in this list of suggestions.

IF YOU ARE USING THIS PROTOCOL UNDER THE CARE OF A LICENSED PHYSICIAN – PLEASE FOLLOW YOUR DOCTORS ADVICE.

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## Notes from Les Berenson MD –

**Note: The 2<sup>nd</sup> bottle I used was defective. I found myself very hungry (not my experience the first few weeks) and minimal weight loss. I got the bottle replaced and THAT DAY the hunger stopped, so the HCG was a bad batch.**

**(Les Berenson MD) Notes about Immunity and plateaus –**

### IMPORTANT :

A) First 3 days of injections – critical to follow Simeon’s protocol and eat as much fatty food as possible – eat to capacity, other wise these people tend to have minor discomforts and do not have the same euphoric sense of well being until about a week later.

B) The 3 days AFTER your LAST injection, the HCG will still be in your system so it’s crucial to **remain on the 500 cal. diet during the 72 hrs. after your last injection.** Simeons says - **If you have any trace of HCG left in your system & you start to eat “normally” you’ll put on weight alarmingly at end of treatment.**

**Minimum weight to lose is 15 pounds** requiring 26 days of 23 injections. (injected daily). Even in mildest cases of obesity, the hypothalamus requires 3 weeks rest from maximal exertion to which it has been previously subjected in order to regain its "NORMAL" fat storing capacity. Once these patients with minimal weight to lose, , lose all their abnormal fat, they become very hungry, in spite of continued injections. So as soon as normal weight is reached (if before the 3 weeks), they are put on 800 – 1000 cal. The weight usually remains the same for the rest of treatment and then they **must also go through the phase 3 for 21 days** restricting carbohydrates to retrain the brain hypothalamus.

**Everyone else with more than 15 pounds to lose** – maximum injections is 40 and NEVER allow a patient to lose more than 34 pounds at a time without a break. (Usually injected 6 days / week to postpone immunity).

If one has more than 40 pounds to lose, it takes 6 wks before the immunity is lost, and HCG become fully effective. With immunity the patient feels very hungry (much different than the working HCG). If immunity develops before the 40 injections, the protocol must be stopped at once, other wise one will become weak and hungry and any further weight lost will be at expense of **normal fat stores**. Normal fat is instantly REGAINED as soon as one returns to a free diet.

Id additional weight is to be lost

At the end of a period of injections (around 40) there is a risk of developing immunity to the HCG and why there is so much written in these documents and should not be taken lightly. **(See Simeons -Pounds and Inches pages 47, 48).**

Dr. Simeons notes that as we get close to using up our abnormal fat or the injections has lost it's efficacy One will feel more hungry and even weak. To tell what has happened, Dr. Simeons recommends an extra apple, extra 150 grams protein during the 3 days **AFTER** the last injection. **When abnormal fat is NOT being put into circulation** because of immunity or being consumed, the patient **gets very hungry. The body then starts consuming normal fat and this is regained as soon as ordinary feeding is resumed.** (the 2-3 pounds just lost is regained.) **The weight at which a patient must stabilize is this 2-3 pounds heavier than the lowest weight reached at end of treatment. Further difficulties rarely arise after this readjustment is made.**

**My experience** - I realized I had hit immunity the last day. I really wanted to get to 1 more pound off → (40 pounds) although I reached my goal weight the day before (175) 39 pounds. I had been a little hungrier the last few days and felt this was my getting to the point I was going to be able to eat again. My weight had also been a little constant the last few days. When I realized this was immunity, reread Simeon's manual and Trudeau's book for ideas. I prepared for a steak day even though I essentially don't eat red meat. Simeons' says we may be getting close to protein deficiency and indeed I was a little weaker than normal (still jogged and went to yoga regularly). Technically this was supposed to be 72 hours of 500 calories / day after my last injection as the HCG is still in my system. For this situation of immunity, Simeons recommends a ton of essentially protein and since this was my 1<sup>st</sup> day to eat I said lets go for it. I had steak twice, salmon, turkey, eggs, salad and the usual ton of various teas. I made the mistake Trudeau says to never weight yourself during the day – duh and my weight had shot up to 185 (10 pounds gain) with all this food. I was puzzled about what was going on until the next morning when I weighed I was 176!! Simeon's says your body readjusts and as the body is given protein, the body excretes a lot of water it is holding onto with the protein deficiency. This is pretty exciting. Again the only reason I broke the protocol and stopped the 3 days of 500 calories was I was in immunity and I don't recommend others to do the same. I present my situation here to clarify plateaus and immunity for others experiencing similar situations.

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