

I am using the pellets. How do I take them?

The pellets are the newest form for using hCG. This gives you yet another choice instead of the injections or drops. The concept is still the same. You do exactly what it says on the label. Do not touch the pellets but tap them into the cap and put them directly under your tongue. Take 4 pellets 3 times a day and let them dissolve under your tongue. Do not swallow until they are dissolved for optimum absorption. Also, do not eat, drink or even brush your teeth, 30 minutes before or after taking the pellets. The skin under your tongue is very thin and the hCG is absorbed into your blood stream from there. Once it gets to your stomach, the hCG is destroyed by your stomach acids.

If 4 pellets do not control your hunger, just add in another pellet until you reach the number it takes for your personally. Everyone is different. You cannot hurt yourself by taking a few more pellets.