

*Please save for future reference.*

\*\*\*\*Some important reminders – **PLEASE READ!!!**\*\*\*\*

Don't forget to pop the bottle before each use (which is simply smacking it against the palm of your hand 6-8 times-not shaking), nothing by mouth 30 minutes before/after taking drops (but you do not have to take prior to a meal only but could use 6am, 2pm, and 7pm as dosage times for example), hold under tongue for 3-5 minutes or more for the Enhanced Formula, then swallow. **Never ever** touch the dropper to your mouth or anything else, and the 0.5ml line is 10 drops. The dropper is no longer marked but it will be less than ½ the dropper. But counting drops is more accurate than guessing. Or use an oral syringe with 0.5 ml as the dose. Mint is a barrier to ALL homeopathic products so be sure to brush your teeth after your 30 minutes and not before. Do not drink regular tap water if at all possible. Purified, Spring, or Distilled is desirable. Start the drops on the same day you begin the two days of loading. During this protocol, your body does remarkable things. Try foods now that you used to not like. You may find that you are tasting things differently now. What do you have to loose except (fill in the blank) pounds. Please take the time to read Pounds & Inches. And don't forget to start hCG on your loading days.

If you are dealing with hunger (real hunger-not just emptiness) you may increase the number of drops you are using. The amount depends on your body. Start with 2 drops and add more as needed. You may even add an entire extra dose in if your hunger is still not under control. Contact us if you have questions about increasing a dose or taking an extra dose. Make sure you are not using any form of artificial sweetener. Only stevia will prevent an insulin spike causing hunger.

I hope you will join us on our **PRIVATE and CLOSED** Facebook page for support and help. We share education, recipes and experience there. No one except other members will see your posts or know you are a member.

Website: [www.betterhealthdocs.webs.com](http://www.betterhealthdocs.webs.com) (best viewed on computer) Facebook: Better Health hCG Support Group Text or Call: 636-542-8765