

## How long does the treatment take?

As a guide, patients who need to lose 7kg or less require a 3 week program. When a patient has more than 7kg to lose, the treatment takes longer, and a 6 week program should be undertaken with a review upon finishing.

## Is calorie restriction required to maintain weight-loss?

Amazingly, you will not regain your weight back if simple suggestions are followed. There is no continued calorie restriction required (in fact, you MUST return to regular calorie intake) and no medications are required.

## How much weight should you expect to lose?

Patients can expect to lose approximately 400g per day on the ACPHARM hCG Diet Program. This is however only a guide, as it depends upon the individual person. In general, men tend to lose more weight than women. Women will notice more of a change in body measurements.



For more information on the ACPHARM hCG Diet Program:

ASK YOUR PRESCRIBING  
DOCTOR

Ask about our 3 and 6 week programs and begin your journey back to good health!



1300 853 620

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# The ACPHARM hCG Diet Program

A clinically managed weight-loss program  
From Australia's largest compounding-only pharmacy



**Pictured: Sautéed Garlic Prawns**  
From Stage II of the ACPHARM hCG Diet Program cookbook



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## What is hCG?

Human chorionic gonadotropin (hCG) is a hormone, naturally produced in large amounts by the placenta during pregnancy.

It is believed that hCG serves an important function in providing a stream of energy and nutrition for the developing baby by allowing access to storage fat, during periods between meals.

## hCG for weight-loss

It is the mentioned function in pregnant women that is the cornerstone of its usefulness in hCG weight-loss programs. hCG's use with a strict calorie controlled diet was first used in the 1950s and has been proven by many to be an invaluable treatment method for weight-loss.

Using hCG for weight-loss unlocks abnormal stored fat reserves (hip, abdomen, thighs, etc.), allowing the body to use them for energy.

### hCG is used to:

- Target storage fat areas
- Eliminate food cravings
- Re-establish weight set point
- Ensure patients are comfortable

## Is hCG safe for men?

The hCG hormone is naturally present in men. It is found in every human tissue, including males, pregnant women, and non-pregnant women. Men get even faster results and tend to lose more weight than women.

**Join the 4,000+ Australians that have already successfully completed the ACPHARM hCG Diet Program**

## ACPHARM hCG Diet Program

The ACPHARM hCG Diet Program was developed in conjunction with one of the world's leading doctors in the field of weight-loss. The protocol requires daily injections of hCG accompanied with a 2100 kilojoule (500 calorie) restricted diet.

### Quality nutritional support

To ensure the optimal health of patients on this extremely low calorie diet, the ACPHARM hCG Diet Program is accompanied with a range of vitamins, minerals, amino acids, digestive enzymes and probiotics. These have been specifically designed to address possible deficiencies that patients might experience in times of famine, and also to protect the body's vital organs.

### ACPHARM hCG Diet kits contain:

- A vial of hCG
- Syringes and medicated swabs
- A proprietary blend of dietary supplements
- Probiotics
- Digestive enzymes
- ACPHARM hCG Diet Program manual and Cookbook

If the diet is followed correctly, most patients truly experience mood elevation, and hunger is minimal or nonexistent.

