

Dealing With Plateaus

If you reach a plateau where you do not lose weight for two days in a row, do not be discouraged. This is quite common—your body is simply adjusting to a new, lower calorie diet and body weight. We suggest doing one or all of the following:

Drink More Water

Water intake should be between 2/3 gallon to 1 gallon a day.

Have an Apple Only Day

For an entire day eat only apples. (You may eat up to 6 apples). On this day avoid drinking large amounts of water. Instead, drink only to quench an uncomfortable thirst. Avoid all coffee or tea.

Increase Your Dosage

Taking more HCG Platinum drops can help you break the plateau and kick your weight loss back into gear.

Measure and Weigh Yourself

Often during a plateau, your body is redistributing weight and you are losing inches, even if you are not necessarily losing pounds.

Exercise

Healthy eating and regular exercise are the keys to a healthier you and long-term weight loss. Therefore, we recommend moderate exercise. It is not necessary to exercise for weight loss to be effective. Strenuous exercising on the diet is not recommended. If at any time you feel weak or light-headed stop exercising immediately. Your daily exercise should depend on your personal fitness level, and what you feel comfortable doing.

Frequently Asked Questions

Can I really lose up to a pound a day while using HCG Platinum in conjunction with the VLCD?

Your weight loss results depend entirely on how much weight you have to lose, and how closely you follow Dr. Simeons' Very Low Calorie Diet. Weight loss results will be better for those who exercise and moderate their calories.

Will I feel hungry all the time?

It is common to experience mild hunger the first few days, however this should pass. If mild hunger continues, increase the number of drops. Past clients have found HCG Platinum's Maintain product to also be very helpful to suppress hunger.

Should I eat more if I work out hard or live a very physical lifestyle?

Even if you are very active, do not eat more than your very low calorie diet per day. If you feel hungry, increase your dosage by one or two drops each time you take them.

Will I have to diet forever?

No. The diet allows you to lose weight quickly, but it is up to you after the diet to eat healthy and exercise regularly for long-lasting results.

Should I also take a multi-vitamin?

Yes. We recommend taking a multi-vitamin that includes calcium, B12 and potassium.



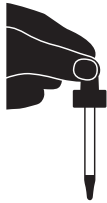
Success Guide



HCG Platinum Kick Start Success Guide

HCG Platinum allows your body to target and burn fat in combination with a very low calorie diet. The diet is divided into three phases—each with a unique purpose. If you were to go on this diet without taking HCG Platinum, your body would go into starvation mode and would absorb muscle for energy and store fat. In order to achieve success using HCG Platinum, it is crucial that you read and follow the diet protocol outlined in this pamphlet.

Women: For best results, begin the program on the first day after your menstrual cycle ends.



Directions

Take 7 to 10 drops three times a day. Place drops under tongue and allow 3 to 5 minutes to absorb, then swallow. Avoid eating or drinking for at least 15 minutes after taking drops.

TAKE 3X A DAY | 15 MIN BEFORE MEALS

Phase I - Loading & Diet

Days 1–14

Fat Loading Days

Days 1 and 2

Start taking your HCG Platinum drops.

Indulge yourself. Eat and drink anything you'd like for these two days. Nothing is off limits—enjoy pastries, butter, avocados, hamburgers, fried food, alcoholic beverages, and more.

These two loading days are very important energy building days and will assist you in your transition to Dr. Simeons' Very Low Calorie Diet. To have the most success and fewer hunger pains DO NOT skip these two days.

Very Low Calorie Diet

Days 3 to 14

Continue taking your HCG Platinum drops.

Begin Dr. Simeons' Very Low Calorie Diet.

Weigh and measure yourself daily.

Evaluation

Day 14

If you have reached your weight loss goal:

Stop taking your HCG Platinum drops and begin Phase II.

If you still have not reached your weight loss goal by day 14:

Purchase additional HCG Platinum drops and continue taking them until day 40. Once the 40 days are over, stop taking your HCG Platinum drops and begin Phase II. You can begin the HCG diet again once you've completed Phase III. Do not skip Phase II or III as they are crucial to your weight loss success.

DO NOT take the drops beyond 40 days or stay on the Dr. Simeons' Very Low Calorie Diet beyond 40 days.

Phase II - Maintenance

Days 15–36 (3 Weeks)

This is the most critical part of your weight loss program. Over these next few weeks, your body will adjust to help you maintain your new weight.

During this phase, eat the same types of foods as on Dr. Simeons' Very Low Calorie Diet and gradually introduce additional fruits, vegetables, and proteins into your diet. Be sure to avoid all sugars and starches. You may eat all types of vegetables (except potatoes), you can mix vegetables in meals, and you may begin adding dairy products to your diet. It is important to double the amount of protein during this period. (Pastas, breads, pastries, candy, etc., are still off limits)

Consume 1,500 to 2,000 calories per day to help maintain your new weight, making sure to stay within 2 pounds of that weight.

If you gain more than 2 pounds at any point during this phase, have a steak day. This is where you drink only water all day, and have only one large, lean steak for dinner with either a tomato or an apple.

Weigh and measure yourself daily.

Phase III - Final Transition

Days 37–58 (3 Weeks)

Gradually introduce sugars and starches into your diet, but be careful not to form poor eating habits.

Weigh and measure yourself daily.

Next Steps

If you have obtained your weight and size goals, congratulations! Stay focused on eating healthy foods in the right amounts to keep the weight off.

If you have not met your goal stay positive and do not give up! You may begin the diet again for additional weight loss.

Dr. Simeons' Very Low Calorie Diet

Breakfast

Tea or coffee in any quantity without sugar. Only one tablespoon of milk is allowed each day. Sugar substitutes like Saccharin or Stevia may be used.

Lunch

4 oz (100g) of lean protein from the approved foods list. (This is about the size of a deck of playing cards).

2 Cups of vegetables from the approved foods list.

Dinner

4 oz (100g) of lean protein from the approved foods list.

2 Cups of vegetables from the approved foods list.

One Grissini Breadstick or one slice of Melba Toast.

Snacks

Choose two fruit options from the approved foods list per day. You may choose to eat your fruits at any time during the day.

NOTE: All foods should be measured raw.

Approved Food List

Dr. Simeons' Very Low Calorie Diet selects very specific foods that will help you attain your weight loss goals. For the most success, don't experiment or vary from the foods listed below.

Protein

Lean Beef	White Fish	Crab
Chicken Breast	Lobster	Shrimp

NOTE: No eel, tuna, or salmon is allowed.

Vegetables

Asparagus	Lettuce	Chicory
Broccoli	Onion	Chard
Cabbage	Red Radishes	Fennel
Cauliflower	Spinach	
Celery	Tomato	
Cucumbers	Beet Greens	

NOTE: Only one type of vegetable per meal is allowed. However, tomatoes, onions, cucumbers, and lettuce may be eaten together.

Fruits

1 Apple (any size)
1/2 Grapefruit
6 Strawberries

Seasonings

Salt (Minimal)	Garlic	Marjoram
Pepper	Basil	Other all-natural seasonings
Vinegar	Parsley	
Mustard Powder	Thyme	

Extras

Any amount of tea, coffee, or water at any time is allowed. Sugar substitutes like Saccharin or Stevia are allowed in any amount. Sugar-free gum is allowed in any amount. Each day the juice of one lemon is allowed for any purpose.

Off Limits

NO Oil, Butter, or Dressing	NO Alcoholic Beverages
NO Soda Pop	NO Crystal Light or Flavored Drinks