

bodySOLUTIONS | RX

Mixing and dosing instructions, per the doctor, are as follows:

You will have received 2 boxes of HCG, 45 small syringes, and 2 large syringes for your 6 week program.

You will mix one box now, it will last 3 weeks, then you dispose of it and mix your second box for the next 3 weeks.

MIXING:

- 1.) Take the 2 bottles out of the box, and snap the plastic lids off of them.
- 2.) Unwrap a large syringe, and while the needle is still capped, twist the needle to make sure it's on snug, then uncap it.
- 3.) Use the large syringes to extract 5ml of water from the large water vial. Since the syringe is a 3ml syringe you will have to do this twice - 3ml the first time, and 2ml the second.

To extract water: hold the water vial upside down, stick the needle through the center from the bottom and then pull from the bottom to fill the syringe. This should fill it up.

- 4.) Once the syringe is filled, you can inject it into the HCG vial. Then, do the next 2ml of water the same way.
- 5.) Once the HCG vial has 5ml of water in it, gently swirl to mix and you are done. You will need to store the mixed HCG in the refrigerator in an area that does not freeze, and keep it in the box it came with so it does not roll out and break.

DOSING:

Inject DAILY first thing in the morning.

1.) Take note of one of the small syringes, you will see a numbering system from 10, 20, 30 on upward. You will draw between the 15 and 20 marks on the syringe for each injection. Fill the small syringe the same way you did with the water - hold the vial upside down and draw from the bottom.

If you get a small air bubble, while the needle is pointed upward, flick the syringe to make the bubble rise and gently press it out. Small bubbles are hard to get out, these will not hurt you.

2.) Once the syringe is loaded, you will inject into either a.) your upper arm/shoulder or, b.) the front of your upper thigh. Most people choose the upper thigh - you will pinch up some skin with one hand, stick the needle through, and once it is through, gently press it into your leg and do the injection. Now you are done.

Again, you will do 3 weeks, or 21 days of injections for the first bottle,... after the 21st day throw it away and mix the second bottle for the last 3 weeks.

Please report to us on a weekly basis how you are doing, feeling, and measurements such as weight lost, and changes in body size, etc. You can e-mail Lou Ann your weekly reports to: sales@bodysolutionsrx.com.