

Frequently Asked Questions

What is HCG and how does it work?

HCG is a natural hormone produced in the body. It has many functions and is used medically to treat a variety of conditions. It is the pregnancy hormone. This hormone allows the body to metabolize fat and use it as energy for both mother and fetus. This acts as a "fail-safe" mechanism when energy is needed immediately. For weight loss, we use only a very small amount of HCG to capitalize on this same mechanism.

Is HCG Safe?

HCG is extremely safe. Women may experience very high levels during pregnancy with no adverse affects. Currently there are no known established clinical side effects to homeopathic remedies and medicines but as with any diet we recommend that you consult with a doctor before starting this diet and if you have any swelling, shortness of breath, dizziness or heavy redness consult a doctor or medical professional immediately.

Where is the actual HCG manufactured and what are the quality control guidelines?

Our exclusive homeopathic HCG formula is manufactured by our laboratory which has years of experience and produces over 190 other naturopathic and homeopathic supplements. Unlike most other facilities that make homeopathic HCG, our production facility actually has a Naturopathic Medical Doctor on staff. All homeopathic formulas are registered with the FDA and are assigned an FDA Establishment number, which is displayed on the primary display panel of the label. Regular inspections by the FDA ensure compliance with current Good Manufacturing Practices (cGMPs) and the Code of Federal Regulations (CFRs) for your safety.

What sets ChiroHCG's product apart from the rest?

You will not find this product being sold by other companies; it is a proprietary formula using more expensive quality ingredients that work. Our unique formula has many advantages like added natural appetite suppressants, energy supplements and more to help optimize this diet to the fullest. Customers report to us on a daily basis that they really do feel much better and have less hunger issues on this formula compared to the other prescription and homeopathic formulas available on the market. Our production facility maintains a Naturopathic Medical Doctor, who oversees all formulation, on staff. In addition to authoring 2 published books, this doctor has said: ***"Homeopathic HCG has been the greatest discovery of my weight loss career. I've never seen such rapid weight loss and long-term success than I have with this protocol. This is the best place to start for every overweight person."*** That being said, our ChiroHCG drops have the highest quality and diet effects.

Why doesn't a pregnancy test show positive when I test the drops on it?

Our HCG Diet Weight Loss formula is Homeopathic, which is nothing short of science meeting nature. For centuries science has used and proven these methods to be effective and safe. Homeopathic HCG usually will not show up in a pregnancy test due to the way it is derived from the source but can be tested in the lab for efficacy, if in question. Our Homeopathic formula is developed in the lab and has thousands of happy users to support its effectiveness.

A negative pregnancy test result with homeopathic HCG does not mean that the HCG is not in there nor is it not potent. Specifically, homeopathy is based on both physical ingredients that you can see and resonance/frequencies that you cannot see, but these are not cheaply or easily measured, which is why you want to be sure you are dealing with an experienced, reputable lab. The manufacturer we use for our products is a federally registered laboratory in full compliance with FDA and HPUS regulations governing manufacturing facilities. See FAQ number 3 for more information on FDA Establishment and manufacturing practices.

What is the difference between prescription and non-prescription HCG?

Prescription HCG is usually pure pharmaceutical grade HCG with no supporting elements to help it perform at 100%. Prescription HCG can be very effective but must be obtained and monitored only by a licensed medical physician. This makes it very expensive as well as being against the law to possess it without a prescription. Pure HCG is usually administered by injection only.

Our non-prescription HCG Formula is homeopathically derived and blended with other effective natural ingredients, which not only makes it legally obtainable without a prescription, but also makes it safer and more affordable, with the same average weight losses of prescription HCG

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.

If HCG works so well for weight loss, why don't pregnant women lose weight?

HCG works to mobilize fat for utilization by the body only when there is a significant decrease in calories and fat. For weight loss, a very low calorie diet of all the right foods is used to trigger HCG to help rid the body of fat.

Will my metabolism slow down if I am on a very low calorie diet?

It is true that normally when cutting back on calories and fat, our body stores fat and our metabolism slows down. This happens because fat is really a life-saving source of stored energy. When a very low calorie diet is used in conjunction with the HCG, the hormone signals the body to use stored fat for energy, and will eliminate excess fat reserves. It is a natural process, so no ill effects on your metabolism will result. The HCG keeps the body from going into starvation mode and holding onto fat as it resets your metabolism.

Wouldn't I lose the same amount of weight eating a very low calorie diet without HCG?

You can lose weight simply by eating fewer calories and fat, but because the body stores fat during times of deprivation, you will most likely lose muscle and bone before fat. This causes cellular metabolism to slow down, so in the long run, it would make gaining weight easier, as well as decrease bone density and muscle mass. By using HCG with the low calorie diet, extra fat is mobilized for energy and the rest is eliminated; the low calorie diet is vital in preventing immediate refilling of emptied fat cells. You benefit by preferentially getting rid of excess fat without affecting your bone and muscle. With HCG you can lose the weight quickly and keep it off!

The HCG diet is very low calorie, will I get hungry?

It is common to feel mild hunger during the first few days. This will pass and by the second week you will find your servings to be satisfying. Because HCG mobilizes fat and makes it available to the body as an energy source, it naturally reduces appetite. So even though you are taking in fewer calories, your body can access the energy you have stored in fat cells. Drinking lots of the green tea all day (we like the cold fruity sweet one sweetened with stevia) helps a ton as a natural appetite suppressant and your energy level. Overall, most people have plenty of energy and feel good while on the program.

Will HCG interfere with any medications I am currently taking? What about birth control pills or Depo-Provera injections?

Homeopathic HCG formulas do not interact with ANY medications, including birth control pills or Depo-Provera. Even though there are currently NO clinically proven side effects to our Homeopathic weight loss formula, as with any diet we do recommend consulting with your doctor to make sure this diet is for you.

Will I experience any changes in my menstrual cycle taking HCG?

Because the amount of HCG is so small, there are no changes to your menstrual cycle. Likewise, HCG will not affect your ability to become pregnant, nor will it increase your chances of getting pregnant. It is best to avoid starting the HCG diet if you are within 5-6 days of your menstrual period. Wait until after your menstrual period is complete to start HCG. Once on HCG and you have a menstrual cycle, you can maintain the diet and continue taking HCG.

What about pregnancy and taking HCG?

If you are pregnant do not take HCG. If you become pregnant during the HCG diet, stop taking HCG and consult your physician.

How much weight can I expect to lose on the program?

Most people will lose between 25-35 pounds on the 42 day program. Everyone is different. It depends on many factors including how much excess weight you have and how much weight needs to be lost. Often, people lose 7-10 lbs in the first week.

Does the weight loss slow down after the first two weeks?

Many times there is a large amount of weight loss in the first week, then a plateau or leveling off of weight loss. This does not mean that your weight loss has stopped. Typically, inches are being lost continuously while on the program, and after a period of time, patients will experience another large drop on the scale. Weight loss is thus achieved in this stair-step fashion.

Is it ok to skip a meal or protein at one of my meals?

NO!!!!!!!!!!!!!! Never skip any of your meals. It's important to eat all of your 500 calories and especially your protein so that you lose fat and not muscle.

Can I exercise daily?

No exercise! Or if you must exercise, low key exercise only. You can do about 20 min. of walking a day and a few sit ups or push-ups if you feel that is needed. Exercise burns calories and therefore causes your hunger to increase. The combination of low calorie intake and exercise could cause your body to go into starvation mode. This can negatively impact your stamina and commitment to the diet. So take it easy. And remember, you will be losing fat. So when you do go back to the gym, it's a skinner, more energetic you!

Do I have to take vitamins while doing this diet?

We recommend taking B12 every day. The sublingual B is the recommended B supplement because it is in liquid form and is absorbed right in your system. This will increase with energy and increase your metabolism. Also a good Multi Vitamin helps, make sure it is sugar free and has no fat soluble ingredients like fish oils or vitamin D. Potassium is also good especially if you experience leg cramps (which can be common while on this diet). Calcium/magnesium combo is also a good one to take if needed.

Is it normal to get a headache during the first week?

Some people may experience light headaches during the first week, this is because your body is releasing fat cells very rapidly and you will be going through a major detoxification. You may take an Aspirin or Tylenol as long as it's not sugar coated.

Can I take the drops longer than 42 days if I want to keep losing weight?

Yes! You can take them up to 42 days. After 42 days you must take a break for 2 weeks before you start another session. This is to make sure your body doesn't become immune to the HCG. You will need 1 bottle to go a 42 day round. Just remember the last 3 days of your plan is no

drops and continue diet for 3 days until the HCG is flushed out of your body before going into maintenance. Exercise is encouraged once you start maintenance and are back to 1200-1500 calorie diet.

Can I Drink Alcohol on the HCG Diet?

In the original HCG diet protocol by Dr. Simeons, it does not mention or account for alcohol. It has found that some HCG Users whom have been drinkers or even those that are borderline alcoholic, do surprisingly well on the HCG diet. If the simple instructions are followed correctly, the HCG diet will get them out of their drinking routine. These users have even said that they don't even feel the need to drink while on the HCG diet because HCG works with the hypothalamus gland which controls the emotional eating/ drinking part of the brain, along with other aspects.

Can I wear makeup?

The answer is yes. However try to avoid lotions, moisturizers or liquid make-ups with oil. HCG is very sensitive to oils, creams and fats. These could slow the weight loss process down; you only want it to target your stored fat. You can use any mineral makeup or pressed powders and of course oil free foundations are fine. Other types of eye makeup and lipstick are fine. Stay away from lip glosses and Chapstick. If your lips get dry the protocol says to use Carmex. It also says if needed you can use mineral oil (baby oil) if needed as a moisturizer.