

## HCG TRANSITION™ PHASE III MAINTENANCE SUPPORT

Congratulations! You have successfully completed Phase 2 of your HCG diet and have lost a lot of weight! Phase 3 is the critical transition back to the real world of a sustainable diet that adds the calories and nutrition you need to maintain your health and keep the pounds off. As you add back calories and other foods through this phase, and as the HCG leaves your system, the transition can be challenging. To help with this, we have introduced a new product called **HCG Transition** that should improve your chances of success by providing additional supplements that;

- support and maintain muscle development
- continue to burn fat and convert that fat into energy
- increase your energy
- manage your appetite
- stabilize and promote further weight loss

This is accomplished through the addition of an Amino Acids Complex, a B12 Complex and natural Appetite Suppressants contained in **HCG Transition**. Amino Acids are the chemical units or "building blocks" of the body that make up proteins. Protein substances make up the muscles, tendons, organs, glands, nails, and hair. Growth, repair, and maintenance of all cells are dependent upon them. Next to water, protein makes up the greatest portion of our body weight. The Amino Acids chosen below help to provide more energy and strength by directing the additional calories to support and build muscle while continuing to convert fat into energy.

- Arginine aids in weight loss as it facilitates an increase in muscle mass and a reduction of body fat; assists the release of growth hormones, which is crucial for "optimal" muscle growth and tissue repair
- Glutamine is the most abundant amino acid found in muscles; helps build and maintain muscle tissue; helps prevent muscle wasting, decreases sugar cravings and the desire for alcohol
- Glycine retards muscle degeneration; improves glycogen storage freeing up glucose for energy needs
- Ornithine helps to prompt the release of growth hormones which promotes the metabolism of excess body fat (this effect is enhanced if combined with Arginine and Carnitine)
- Carnitine is a nutrient that helps the body turn fat into energy. It is produced by the body in the liver and kidneys and stored in the skeletal muscles, heart, brain, and sperm.

The vitamin B-12 Complex is added to increase energy and raise the metabolism. B vitamins help the body convert food (carbohydrates) into fuel (glucose), which is "burned" to produce energy. These B vitamins, often referred to as B complex vitamins, also help the body metabolize fats and protein. Our B-12 Complex is created from the highest bioavailable sources along with the additional supplements needed to maximize its effectiveness.

- Our **Methyl B-12** is derived from methylcobalamin and has a much higher bioavailability than the form most widely available in supplements, cyanocobalamin.
- Our B-6 is derived from **Pyridoxal 5 Phosphate (P-5-P)** and is 5 times more absorbable than other B-6's. B-6 is required for proper absorption of vitamin B-12.
- **Vitamin E** is added to maximize the effectiveness of B-12. Conversion of B-12 into its biological active form requires vitamin E.
- **Zinc** supports the production of hydrochloric acid and intrinsic factor in the stomach, both of which are needed to convert some of the B-12 from food sources.\*
- **Magnesium** supports the balance and synthesis of B-6 while providing its own benefits being involved in energy metabolism and protein synthesis.



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To complete the formula we also included two natural appetite suppressants Hoodia and Glucomannan.

- Hoodia is valued for its ability to elevate energy levels while reducing or eliminating hunger. Although Hoodia was introduced to the West in early 2004, the Bushmen of the Kalahari have been eating it for a long time to help ward off hunger and thirst during long trips in the desert.
- Glucomannan is a soluble, fermentable, and highly viscous dietary fiber derived from the root of *Amorphophallus konjac* (elephant yam or konjac plant) and is native to Asia. When consumed, it absorbs water in the digestive tract, reducing absorption of carbohydrates and cholesterol by the body. It is this property that gives good evidence to support the use of glucomannan for cholesterol reduction, diabetes, and weight loss.

Using **HCG Transition** will support your successful completion of the 3 weeks of Phase III of the HCG Diet. You will then be ready to begin your new life as a thinner, leaner, more energetic and healthier person, no longer a slave to hunger, emotional cravings, and food.

#### Dosage

Adults and children 18 years and older: 2mL or 2 droppers full twice daily (do not take after 6pm). Place drops under the tongue and allow 5 minutes to absorb. Do not eat or drink for 10 to 15 minutes before and after taking drops. Under 18 years: Consult with your healthcare professional.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*