



# HCG Support

Lifestyle Management | Weight Management

**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. 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 density 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 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 water helps as a natural appetite suppressant. Overall, most people have plenty of energy and feel good while on the program.

## Is Unique

### Processing

On-site laboratories are constantly monitored and tested by expert chemists and microbiologists to ensure consistent quality of raw materials, product batches, and finished products.

### Homeopathic Drug Manufacturing Standards

MBi Nutraceuticals operates its own Homeopathic Drug Manufacturing facility. Our standard operating procedures are based on Current Good Manufacturing Practices as defined by the Food and Drug Administration. MBI ensures the highest quality nutraceuticals by applying our drug manufacturing procedures to every nutritional, herbal, food, homeopathic, and personal care product we make.

### No Additives

This product contains no sugar, starch, salt, preservatives, artificial colors, flavors or additives, and no corn, wheat, yeast, soy, or milk derivatives.

### Synergistic MBI Products

- Bio-Trim
- Bio-Pro
- Bio-Phen



**MBi**  
NUTRACEUTICALS

Bringing Balance Back to Life®

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

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