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Facts about HCG Diet Kit by [Abraham](#)

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HCG stands for the Human Chorionic Gonadotropin which is a hormone that is responsible for the appetite in the body. So the HCG diet consists of the food that has low calories that can be taken either orally or through injection. The high calorie food items are cut down in this package. You can consume the liquid in any form like coffee, tea or the lime juice without sugar is better and they must take at least two liters of pure water per day.

The HCG diet kit comprises of the food chart with the vegetarian and the non vegetarian items and you have to follow the diet strictly to reduce around 0.5 to 3 pounds per day. But it is important to contact the physician before following the HCG diet chart. There is a chance for the decrease in the blood pressure and the diabetes by regular intake. Many researchers say that the HCG diet is a better choice for the weight loss. The amount of the HCG hormone in the pregnant women is more than the normal women and hence the increase in the weight during the pregnancy. The necessary vitamins must be provided along with the HCG diet otherwise it may produce the side effects like headache, irritability and constipation. For some people it might lead to the respiratory implications if they are taken without the consultation of the physician.

Apart from using the HCG diet you can opt for the healthy diet plan but it might be tough for some people to stick with the diet. The HCG diet drops are also used in the weight loss treatment, the injection can be either given by the physician or by the individual themselves. They use thin needles to avoid the pain during the prick.

The HCG drops are also known as the sublingual HCG. The drops are placed under the tongue so that it can be absorbed easily and quickly. It is the dieter's preference whether to take the injection or the drops. This must be avoided for the reproductive women as it might sometimes cause cancer for some people. The regular usage of the HCG drops for twenty five days will help to decrease the body weight to two pounds per day by increasing the metabolic rate. For some people it might cause blood clot so it is necessary to follow the diet by proper assistance of the physician.

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