

Additional Supplement of Vitamin B12 while on hCG Protocol

One of the most important parameters for a healthy body is the Vitamin B12, which helps in cell division, formation of red blood cells & energy metabolism. Common sources of Vitamin B12 include meat, seafood, eggs & milk products. In recent times this nutrient has also become a part of case studies that focus on weight loss, for which metabolism forms a key factor. Basically, during metabolism, protein and fats are broken down by Vitamin B12 so that they could be converted to energy. Weight loss begins to occur when more and more fat & protein is broken down to form energy. But there is a limitation. Vitamin B12 is a water soluble compound and the body can take only a certain amount of it. This is why people may achieve only minimal weight loss when they use Vitamin B12 alone.

The HCG Diet

A new diet plan has been proposed, called the HCG diet, which utilizes the Human Chorionic Gonadotropin, which is a special hormone present in both sexes. But during pregnancy in females, this hormone becomes abundant. The objective of this hormone is to ensure that fat is converted to energy for the fetus. This diet is administered in drops or through hCG injections so that the host starts breaking down nutrients for the fetus. When this program is used with a diet that has low calories, the host begins losing weight gradually. But because patients are required to adhere to the 500 calorie limit, this diet plan often has side effects such as light-headedness & irritability, more so if the vitamin nutrients are in deficit. Other symptoms like Headache, shortness of breath, facial swelling & vomiting are common with people who are suffering from Vitamin B12 deficiency.

The plus points of Vitamin B12 in the HCG diet:

There are a number of advantages that the Vitamin B12 supplement present in the HCG diet has for patients. First, it helps you in losing your weight and secondly, you benefit from enhanced energy levels brought by the faster metabolism. The other advantage is that with the Vitamin B12 in the HCG diet, people face lesser side effects than they would by taking a HCG diet alone.

As a nutrient you will find that Vitamin B12 has a huge impact in making sure that your body and the metabolism function properly and efficiently. It is also known as

Cobalamin. Some of the prominent functions played by the nutrient are production of DNA at the time of cell division, and forming healthy RBCs (Red Blood Cells). The most important function of Vitamin B12 is to supply energy to the body and the source of this energy can be Meat, Milk, other dairy products, Poultry, Fish & Eggs.

Vitamin B12 and the Weight Loss paradigm

Some of the most significant and positive effects that Vitamin B12 has on the human body are the breaking down of the fats and the proteins in a more swift manner than usual. This helps in increased metabolism and the individual feels more energetic. Having said, that, Vitamin B12 is also not a standalone solution for people who are obese, and there are reasons to support this theory. The daily requirement of the human body for Vitamin B12 is about 3 micrograms. But the supplementary products are able to give out hundreds of micrograms in that regard. However, much of this is relative because Vitamin B12 is water soluble so a lot of it is wasted through passing urine. What we take from the market as supplements usually have a very low amount of usable Vitamin B12 in them, and the main reason for that is fermentation. You will not be able to avail of the Vitamin B12 even if the products that you buy have high claims for the same. This means that no matter how much supplement you take, you will be able to utilize only a small fraction of it. The only solution for the above problem is to use Vitamin B12 in a high dosage + along with a supplementary diet like the HCG Diet. This will help the user in a better and effective manner.

Vitamin B12 and HCG

Hormone administration and a 500 calorie diet are the hallmarks of the HCG diet. Because of the fact that this is a low calorie diet, keeping healthy may pose a challenge. You will in general lose the natural source of vitamins which is a bad thing. This case is especially hard for Vegans. There might be even severe chances of you breaking down or becoming severely weak. Other symptoms to follow are headache, face swelling, shortness of breath, a tendency to vomit etc. All of these are direct causes of Vitamin B12 deficiency. For this reason alone Dr. Simeons has clear directions for vitamin supplements in his diet protocol. Patients generally experience a high weight loss and better tolerable diet cycle when Vitamin B12 is combined with HCG diet.

Garcinia Cambogia Ultra Slim



Garcinia Cambogia Ultra Slim is an extremely effective, dual-action fat blocker that our scientists formulated for optimal weight loss while maintaining a regular diet. It has quickly become a top seller because of its clear health benefits in addition to weight loss with little to no dietary or lifestyle changes.

Garcinia Cambogia is a small, pumpkin-shaped fruit, otherwise referred to as the tamarind fruit. It comes from Southeast Asia, where native people have used it for centuries to aid in treating a variety of digestive ailments. Scientists have studied this fruit extensively, and have discovered it contains many health promoting properties.

Among many of its known health benefits, scientists found that Garcinia Cambogia Extract does two things very well:

- **Suppresses the appetite** and increases levels of serotonin in the brain, which helps combat the production of cortisol (The stress hormone responsible for weight gain).
- **Blocks the body's production of fat** and signals to the liver to convert more fat to usable energy.

Recommended Usage: 2 Capsules per day (1500mg), at least 30 minutes before meals. Best used for helping suppress hunger, inhibiting the body's natural production of excess fat. Ideal for anyone who simply wants an easy way to steadily shed fat. **\$49.95**

GARCINIA CAMBOGIA ULTRA SLIM MEETS CRITERIA

TOR RECOMMENDED SUPPLEMENT CRITERIA

- Says Garcinia Cambogia, GCE or Garcinia Cambogia Extract on the label
- Contains at least 50% HCA (Hydroxycitric Acid)
- Contains no additives, binders, or fillers
- Provides a daily serving of at least 1500 mg
- May absorb better when combined with Potassium and Calcium