

# LOSE 10 POUNDS EVERY TWO WEEKS\*

## **hA<sup>2</sup>cg** 1000 CALORIE E·V·O·L·U·T·I·O·N DIET PROTOCOL

The traditional hCG Diet is not for everyone. It's geared toward major weight loss, and its restrictions on both caloric intake and activity level make it a poor fit for those who are active and healthy, but simply can't get rid of the last few pounds of unsightly fat.

DesBio's new **hA<sup>2</sup>cg Evolution** changes everything. The active ingredients AACG-A and AACG-B provide a more targeted and focused message to the body than the bulky hCG molecule, allowing for more flexibility in the diet. A suite of products including **OptimaLean** (a functional food supplement) and **EquolSLIM** (a nutritional with proven weight loss benefits) allows for a modified 1,000 calorie diet.

### Who Is This Diet For?

This program is optimized to provide significant weight loss (up to 5 lbs per week) for individuals who:

- Have a BMI of 25 or less
- Are moderately active (or healthy enough to begin a moderate exercise regimen) or whose vocation requires significant physical activity
- Want to build muscle while losing fat

Other individuals who may benefit (with less significant weight loss) include those who:

- Are unable to control hunger and cravings with a traditional 500 calorie hCG diet

### The Diet Protocol

The basic diet is nearly identical to the traditional hCG 500 calorie diet. The same foods are included or excluded and the three-week maintenance period is still required (see DesBio's Patient Guide for more information). There are only three major differences:

- There is no "fat loading" phase
- Dieters are allowed 6 oz (rather than 3.5 oz) of lean protein for two meals per day
- Dieters are required to drink an **OptimaLean** (functional food supplement) shake each day.

In addition, dieters will supplement with **EquolSLIM** twice daily. Dieters over 50 should add **HGH Vitality** to the regimen, and women who are near or past menopause should also include **Hormone Combination**.

### Exercise is Key

One of the key aspects of the diet is physical activity. Dieters must exercise to see maximum benefit. Exercise should consist of 20-30 minutes of cardio and 15 minutes of light weight training (or equivalent activity, e.g. in a job that requires manual labor) five times a week (no more than 45 minutes of exercise per day).

See page 2 for a daily breakdown and additional notes.



\*Individual results may vary

# 1000 Calorie Protocol Day At A Glance

## Notes



Almost there!

|    |   |
|----|---|
| 7  |   |
| 8  |   |
| 9  | hA <sup>2</sup> cg Drops  |
| 10 | EquolSLIM   |
| 11 | OptimaLean Shake: YUM!<br>200 calories<br>cc<br>☺   |
| 12 |   |
| 1  | hA <sup>2</sup> cg Drops  |
| 2  | Lunch<br>400 calories   |
| 3  |   |
| 4  | Exercise<br>— 30 min cardio<br>— 15 min weights   |
| 5  | hA <sup>2</sup> cg Drops  |
| 6  | Dinner<br>400 calories  |
| 7  | EquolSLIM   |
| 8  |   |
| 9  | *Specific times are not important, but hA <sup>2</sup> cg Evolution should be taken 15 minutes prior to any meal, and EquolSLIM should be taken within 15 minutes of eating (before or after) |
| 10 |   |
| 11 |   |

DesBio's full-body **Detox** program should be started one week before the diet and continued throughout.

Dieters 50 and older should take **HGH Vitality** at the same time as the hA<sup>2</sup>cg Evolution drops.

Women at or near menopause should also add **Hormone Combination**.

Postponing the first meal (the **OptimaLean** shake) until late morning may reduce hunger and cravings.

Exercise can be completed at any time during the day.

hA<sup>2</sup>cg Evolution drops may be increased to 10 drops 6 times daily if experiencing hunger or weight loss plateaus.

As with any diet, consult your healthcare practitioner before beginning the 1000 calorie diet.

