

## **The FDA calls hCG treatment for obesity, fraudulent and illegal! Mayo Clinic – may cause male breast enlargement**

**Mayo Clinic** - Jennifer K. Nelson, R.D., L.D.

**Because the HCG diet combines injections or supplements of the HCG hormone along with severe calorie restriction, you may lose weight — at least for the short term. But it's the calorie restriction that causes the weight loss, not the HCG. In addition, the safety of HCG for weight loss is uncertain, and the hormone hasn't been approved by the Food and Drug Administration as a treatment for obesity or weight control.**

**HCG is human chorionic gonadotropin, a hormone produced during pregnancy. As a prescription medication, HCG is used mainly to treat fertility issues.**

**Proponents of the HCG diet say that HCG can help you lose weight, burn fat and redistribute fat away from your buttocks and stomach. On the HCG diet, you either receive injections of HCG or take HCG supplements. The HCG diet also requires you to drastically cut your calorie intake, typically consuming just 500 to 800 calories a day — about one-fourth to one-half of the standard calorie recommendations. The HCG diet is typically offered through weight-loss clinics that say they will provide medical supervision.**

**Although researchers have studied the HCG diet for years, no high-quality studies have shown that the hormone itself helps weight loss. Following any very low calorie diet is likely to result in weight loss, regardless of taking HCG. And the HCG diet can have drawbacks. Severe calorie restriction can make it hard to meet all of your nutritional needs. And rapid weight loss can lead to gallstones. Also, HCG can cause side effects, including headache, fatigue, irritability and male breast enlargement. And be careful about buying HCG products on the Internet — they might not be what they say they are.**

USA Today

The FDA announced that there is no evidence that hCG is an effective means of weight loss, and further called hCG weight-loss products fraudulent and illegal. Elizabeth Miller, the FDA's leader of the Internet and health fraud team, "they could be subject to enforcement at any time." The 500 calorie "protocol" to be followed while taking hCG is surely the cause of all weight-loss that users observe, and Miller says that the products are at least "economic fraud."

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Once you stop the HCG diet, you're likely to regain any weight you lost. The key to permanent weight loss is developing healthy eating and exercise habits — not following fad diets.

At Max Muscle Quad Cities we don't believe in hCG as a good way to lose weight. Even if these drops could be effective by administering them intravenously, the orally administered drops appear to be a total scam. There are many sources that confirm orally administered hCG drops are destroyed before they reach the blood stream. In my opinion this new dietary fad is unhealthy because of the "starvation" caloric restriction involved. Once weight loss is achieved, the person will still need to change their previous lifestyle to maintain the weight loss. This usually isn't the case. We see many people that claim to have been on this fad diet and once they discontinue the treatment... the weight creeps back on. If you are considering this type of crash weight loss, please come visit us and let us show you another way. And I'm not talking about starving you. I promise. We have a long track record of success in helping people achieve their goals.

Scott Herkes

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**Sincerely,**  
**Scott Herkes**  
**Certified Nutrition Coach**  
**Max Muscle Sports Nutrition - Quad Cities**