

# MIXING INSTRUCTIONS

## How to Mix HCG for Daily Injections

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# HOW TO MIX 5000IU'S OF HCG FOR 200IU DAILY INJECTION

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Take out the supplies you will need in order to follow these instructions:

1. 30 ml BAC water
2. 10ml clear bottle
3. HCG vial
4. 5ml syringe and mixing need
5. Alcohol pads

Hi, this is Colin thank you for your order, and congratulation on taking the Advanced HCG Weight Loss challenge; you are going to need to put together the supplies listed above in order to complete the mixing instruction.

You are going to have a 10-ml clear mixing bottle -- here. This is your mixing bottle. You are going to have your BAC water and you are going to have a mixing needle with 5ml's or larger. You will also have alcohol swabs to use to clean the surfaces of all of your supplies. Use it basically to clean the surfaces of the ampules and mixing bottle and BAC bottles.

You can throw sodium chloride that come with your HCG, 'because you don't really need it so taking it out and put it to side.

Your HCG usually comes with this little red or blue cap on it, snap off to make it secure and you can see there is a white substance, little white pellet in there and that is your HCG. All real HCG comes usually in this powder form. Sometimes the supplier will send you a premixed liquid form which is mixed with a 1-ml solution inside this size bottle but it is still were in the powder form to begin with. So just so you know this is what it looks like.

Overview-1 ml of BAC water; I'm going to inject it into this small HCG bottle to dilute the pellet of HCG then extract the 1ml mixed solution of HCG from the small vial and add it to the 10ml clear vial.

Then you're going to add 4 more ml of BAC water. So 5000IU's of HCG to 5 ml of BAC water, 5 to 5, very easy to remember.



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# 200IU DAILY INJECTION

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STEP 1- First, clean the surfaces all of your mixing bottles, right now. So let us go ahead and just make sure that everything is sterile. So by cleaning all these areas to begin with you know that you are actually using a clean surface.

STEP 3- This would be a brand new needle, go ahead and use that. You are going to take 1 ml of water from the BAC bottle, and add it to your HCG vial. Gently swirl your mixture to make sure all of your HCG has been dissolved. You're going to pressurizes this bottle and make it easier to extract the HCG from the vial and fill your syringe.

STEP 3- Extract all the HCG as much as you can, try and get every drop of it from this bottle. If there is a little teeny bit of liquid still in there it's not a big deal.

Take that solution and put it into your big 10-ml clear bottle. This is the beginning of your mixture.

Then you'll extract 4 more ml from your bacterostatic water bottle. Pressurize the BAC Water bottle by injecting 5ml of air into the bottle.

STEP 4- Fill your 5ml needle all the way up to the 4-ml mark. Put the 4 ml BAC water into your 10 ml mixing bottle that now contains your HCG mixture. You should now have a total of 5ml's of HCG.

FINISHED PRODUCT-5000IU's plus 5ml's BAC water = dosage of 200IUs of HCG daily and should last you about 23 days which is the right amount of shots for the 26-day cycle. Duplicate this process on your 23 day to continue through the 43 day protocol.

You can also watch the video here at <https://colinwatson.com/how-to-mix-hcg>.

Thank you, and God Bless,

Colin

