



# Potential Risks

SIDE EFFECTS & MEDICAL CONDITIONS

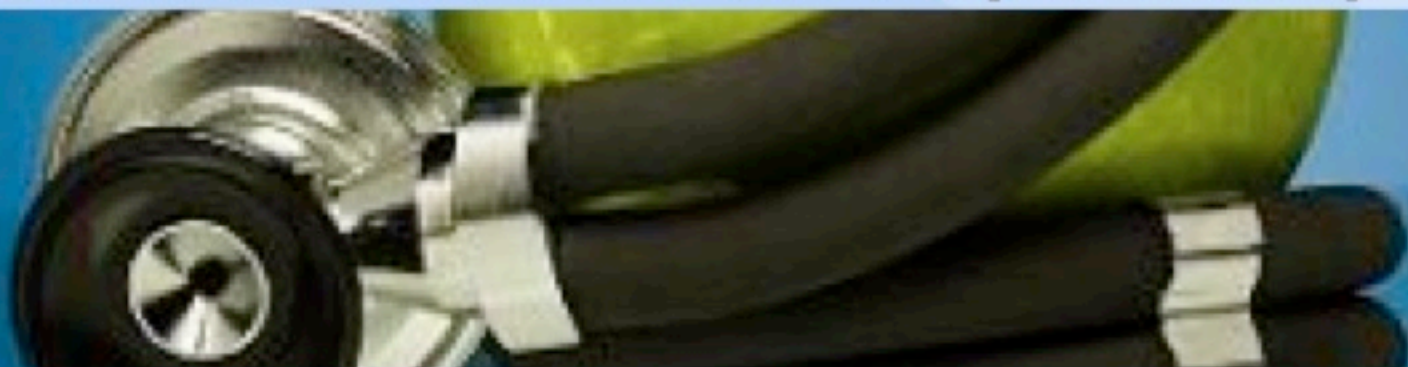
## EXISTING MEDICAL CONDITIONS



Medical Conditions that must be addressed prior to starting HCG medication include:

- **Asthma**
- **Insulin Dependent Diabetes**
- **Thyroid or adrenal gland disease**
- **Cancer of any type**
- **Cardiovascular disease**
- **Kidney disease**

## EXISTING MEDICAL CONDITIONS (continued)



- **Seizure disorder**
- **Chronic headaches** (Migraine or Daily)
- **Undiagnosed vaginal bleeding**
- **Ovarian cyst**
- **Allergies to any medications**

## POTENTIAL RISKS AND ADVERSE EFFECTS



Overall this diet is essentially safe for both women and men without certain medical conditions. Potential serious side effects:

- **Hair Loss**
- **Constipations**
- **Gallstones and Gallbladder attack** – (A painful condition that often requires surgery). The very low calorie, low fat diet can – in some people – trigger this type of attack in people who are genetically predisposed to this condition.

## POTENTIAL RISKS AND ADVERSE EFFECTS



Overall this diet is essentially safe for both women and men without certain medical conditions. Potential serious side effects:

- **Allergic reaction to HCG medication** (as with any new medication or drug that one takes, there is always the potential of an allergic reaction). An allergic reaction may cause a red itching rash or hives, difficulty breathing with or without wheezing, circulatory collapse and in severe, fatal case death

## POTENTIAL RISKS AND ADVERSE EFFECTS



Less serious side or adverse effects:

- **Headache** (Usually related to change in dietary intake. Resolves over time when blood sugar level stabilize.)
- **Irritability**
- **Water Retention and mild swelling**
- **Breast tenderness and fullness**
- **Mild Mood Swings** (Usually diet related)
- **Injection site irritation and soreness** (might occur in some people)



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