



NATURE'S BODY

SKIN PATCH INSTRUCTIONS HCG WEIGHT LOSS PATCHES

1. Download the HCG diet plan of your choice (OP or HCG 2.0).

<https://www.naturesbody.com.au/downloads>

You will start wearing 1 patch (changing each 7 days) beginning in Phase 1 - Fat Loading. The patches can be combined with HCG drops to maximise results if you wish. It is also perfectly fine to be wearing other patches (Appetite Control, Vitamin B, etc.) at the same time as the HCG weight loss patch.

2. Choose an area on the body that will have minimal friction - the belly area, thigh, chest, or on the arm are popular.

Apply one patch to the area, changing every seven days. Once activated (applied to the skin) the ingredients last seven days only.

To apply correctly, Wash your hands. Open the sealed sterile envelope and take out your patch, peel off the sterile backing sheet and press the patch onto the skin very firmly - smooth out to the edges with your fingernail. Place the patch on clean and dry skin (no moisturiser, tanning lotion, powder, oil, also the skin should not be damp from the shower or be sweaty). Do not place on top of any hair. The abdomen below the navel is a good place where it will not be rubbed by clothing, or under the breast line, the waist area is not a good place. But really you can place anywhere on the body.



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Take care when taking off clothes so you don't pull at the patch. If by chance you do rub the patch off a little with a towel after showering or via clothes just stick right back on and smooth out to the edges firmly with your fingernail, it will still be active.

Treat the patch gently. Yes, you can shower and swim with it on but pat dry, (don't rub) firmly. If you are swimming often, it is best to protect with a waterproof plaster/dressing.

3. Follow the HCG Diet Plan. Starting at Phase 1 - Fat loading.

4. Stop using the patches during the 3 Day transition and continue to Maintenance/21 Transition as per usual (also without patches). Consider using Maintenance Drops/Patches for support during the transitional period.

Available on: <https://www.naturesbody.com.au/shop>



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ALL PATCHES OTHER THAN HCG

For all other Wellness Patches
(Appetite Control, Vitamin B, Life
Force, Maintenance etc.): The same
rules apply - change each patch after
7 days.

Use one or two at a time depending
on your needs. One patch is usually
fine for most people. You can use any
patches in combination, i.e. it is
perfectly fine to be using a Vitamin B
patch and/ or Anti-Aging patch whilst
doing the diet using the HCG patches
for example.



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HOW TO STORE YOUR PATCHES

Storage: Each single patch comes in its own sterile, sealed envelope.

Then 4 of these patches are sealed in a second sterile envelope.

All patches come in an outer card envelope as well - you need to store them in this to keep them at full potency and stickiness.

There is no shelf life if stored correctly as in

- keep your patches in the envelopes provided
- store in a cool, dry place, do not refrigerate.

Keep away from sunlight, mobile phones, computers and microwave ovens.



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SKIN PATCH INSTRUCTIONS DISCLAIMER

Disclaimer: Our products are manufactured in a sterile laboratory. They do not contain hormones from human or animal sources. There is no shelf life or expiry date, if stored correctly – as in away from direct sunlight, heat, computers and microwaves. Do not store in the fridge. Follow these instructions to keep full potency in your patches and good adhesive.

Medical disclaimer: The information provided here is not intended to replace consultation or advice received by qualified health professionals regarding your specific situation nor is it to be taken as medical advice or diagnosis. If you have any medical questions about the program you should consult your licensed medical provider before using our herbal patches. It is very important that people do not self-diagnose any health condition. Any medication (herbal or otherwise) should be taken under the supervision of a knowledgeable practitioner. Some herbal remedies can interfere with medication. If you have an on-going condition you may need blood tests for example to find the cause. Herbal medicine is the therapeutic use of plants to treat disease and enhance general health and wellbeing. Herbs can act on the body as powerfully as synthetic drugs and should be treated with the same care and respect.