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Effect of human chorionic gonadotrophin on weight loss, hunger, and feeling of well-being

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ABSTRACT

Twenty female patients on 500- to 550- kcal diets receiving daily injections of 125 IU of human chorionic gonadotrophin (HCG) were compared with 20 female patients on 500- to 550-kcal diets receiving placebo injections. Patients in both groups were instructed to return for daily injections 6 days each week for a total of 36 injections (unless desired weight was achieved prior to this). The HCG group lost significantly more mean weight, had a significantly greater mean weight loss per injection, and lost a significantly greater mean percentage of their starting weight. The percentage of affirmative daily patient responses indicating "little or no hunger" and "feeling good to excellent" was significantly greater in the HCG group than in the placebo group. Additional investigation of the influence of HCG on weight loss, hunger, and well-being seems indicated.

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